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Bradshaw's Companion to the Continent

BY

EDWIN LEE.

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BRADSHAW'S COMPANION

TO

THE CONTINENT;

A DESCRIPTIVE HAND-BOOK

TO

THE CHIEF PLACES OF RESORT:

THEIR CHARACTERISTIC FEATURES,

CLIMATES, SCENERY, AND REMEDIAL RESOURCES,

WITH OBSERVATIONS ON THE INFLUENCE OF

CLIMATE AND TRAVELLING.

BY EDWIN LEE,

HONORARY AND CORRESPONDING MEMBER OF THE PRINCIPAL CONTINENTAL MEDICAL ACADEMIES AND SOCIETIES.

AUTHOR OF "THE BATHS OF GERMANY," ETC. ETC.

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PREFACE.

THE increased facilities for locomotion having rendered distance little more than nominal, a visit to the Continent is regarded much in the same light as was formerly a trip to one of our watering-places; and there being now uninterrupted communication by steam from all parts of Great Britain to Germany on the one hand, and through France to the Mediterranean Sea on the other, almost all the places of resort abroad are of comparatively easy access; so that, as regards valetudinarians more especially, the objection arising from the manifold inconveniences of a long journey on the high-roads, is in a great measure obviated; and travelling, the remedy which, from the earliest periods, has been recommended in chronic diseases, is generally available.* To meet the requirements of the pleasure-seeking tourist,

* "In longis morbis solum mutare."—*Hippocrates, Aphorisms.*

there exists an abundant supply of hand-books, containing detailed descriptions of objects of interest, so that any addition to these, unless possessing extraordinary merits, would be useless. While briefly adverting to the leading features of particular localities, it has been my chief object to dwell more particularly upon those points upon which information is required by invalids, and the large class of travellers who seek to combine recreation with restoration to health—as also by the medical profession. Having, during many years, enjoyed opportunities of investigating the respective advantages offered by different localities, in this respect, by repeated visits and residences in several of them, for longer or shorter periods, I have endeavoured, in former publications, to record, in a concise and impartial manner, the results of my observations; adducing likewise, and qualifying, when an undue bias rendered it necessary, the opinions of competent local authorities, and availing myself of the statistical information collected by those, who have treated in a more general point of view, climate, and other subjects having reference to health. With regard to climate in particular, it has appeared to me, from frequently observing the mistakes which occur

respecting the choice of localities, by patients and practitioners, that the more general diffusion of information, which might lead to a more correct appreciation of this remedial agent—as well as of the places frequented on this account—could not fail to be acceptable, the only work on this subject which we possess being that of Sir James Clark. Accordingly, I have taken pains to make this portion of the work as complete as possible, by the addition of general remarks on the influence of climate, and tables of comparative temperature, &c., from the most recent authentic sources. Although a new and more comprehensive title has been given to the present work, it may be regarded as a greatly improved edition of the *Continental Traveller and Invalid's Hand-book*, which appeared three years ago, and was most favourably received and reviewed in many of the leading metropolitan and provincial periodicals, though objections were made to my referring to the stirring events of that period. All allusion to political, or other topics of the day, is now omitted; and, notwithstanding the quantity of additional matter, the price has been reduced, and the volume is published in a more portable form. In the Appendix, I have not deemed it a digres-

sion from my subject to advert to some not generally suspected prevalent causes of disease in the upper classes of society; and if, by directing a greater degree of attention to these causes, I can be at all instrumental in preventing any of the frequently irremediable consequences which their persistence entails, I shall derive much satisfaction from the consciousness that my endeavours, in this respect, have not been altogether useless.

LONDON, *August*, 1851.

CONTENTS.

FRANCE.

CHAP. Page

I.—Boulogne—Paris—French Characteristics—Climate of Paris.... 1

II.—Lyons—The Rhone—Marseilles—Climate of Provence—Hyères and its Climate—Cannes..... 13

III.—Marseilles to Toulouse—Nismes—Pau and its Climate—Eaux Bonnes and Chaudes—Bordeaux and its Climate—Tours 24

IV.—Pyrenean Baths—Bagnères de Luchon—Bagnères de Bigorre—Vale of Argeles—Barèges—St. Sauveur—Gavarnie—Cauterets 43

Supplementary Note on the Climates of France. By M. Ch. Martius 61

ITALY.

V.—Nice and its Climate—The Cornice Road—Mentone—Genoa and its Climate 66

VI.—Baths of Lucca—Pisa and its Climate—Leghorn—The Maremma—Baths of Monte Catini 79

VII.—Florence—Its Environs and Climate—Sienna 94

VIII.—Rome—Its Characteristics and Environs 117

IX.—Rome—Medicine—Malaria—Living, &c.—Climate 137

X.—Pontine Marshes—Naples, and the Neapolitans—Sorrento and Castellamare—Ischia, and its Mineral Springs—Palermo—Malta, and its Climate 155

XI.—Road by St. Germano to Rome—Monte Casino—From Rome to Florence, by Perugia—Bologna—Parma—Milan—The Lakes Route to Venice..... 183

XII.—Venice, and its Climate—Pass of Ampezzo—The Simplon—The Haut Valais—Aix les Bains—Mont Cenis—Turin—Route to Nice by the Col di Tenda—From Geneva to Basle 204

SWITZERLAND.

XIII.—Geneva—St. Gervais—Lausanne—Vevay—Montreux and its Climate—The Valais—Baths of Leuk—Berne—Interlacken—Lucerne and its Lake—St. Gotthard—Baths of Pfeffers 226

GERMANY.

CHAP. Page

XIV.—Munich, and its Climate—The Danube—Gastein—Vienna—Adelsberg—Trieste 247

XV.—Nuremberg—Franconian Switzerland—Marienbad—Carlsbad—Prague—Teplitz—Dresden 270

XVI.—Leipzic—Homœopathy—Berlin—Hamburg—Weimar—Frankfort—Heidelberg—Mannheim—Baden-Baden—Wildbad—Stuttgard 289

XVII.—Nassau Baths—Wiesbaden—Schwalbach—Ems—The Rhine—Aix-la-Chapelle—Spa—Brussels—Antwerp—Route to Calais 308

APPENDIX.

I.—Observations on the Influence of Climate, and especially of Italian Climates 329

II.—On the Remedial Adaptation of Climate..... 354

III.—Considerations upon some prevalent predisposing Causes of Disease, and upon the remedial effects of Travelling 367

IV.—Notes respecting the Mountains of Italy..... 391

V.—Note on Madeira 395

Meteorological Tables 399

INDEX 40

THE CONTINENT.

FRANCE.

CHAPTER I.

BOULOGNE—PARIS—FRENCH CHARACTERISTICS—CLIMATE OF PARIS.

CONSIDERING Paris as the first point to be reached by the continental visiter, each of the routes from England presents its advantages. That by Newhaven and Dieppe is the most direct and the shortest; but the sea passage being of five or six hours' duration, presents a great objection, and in the winter months the communication is altogether suspended. The entrance, moreover, to the harbour of Dieppe is not very good. The town has a population of about 20,000 souls; the *Grande rue* passing through its centre to the port, and containing the best hotels, presents in the season a cheerful and animated aspect. The port is spacious, and is protected by a citadel and *castle.* The principal inducement for a temporary sojourn at Dieppe is the sea-bathing, this being the marine establishment nearest to the metropolis. The baths are under the superintendence of a physician-inspector, as at the other sea and mineralized baths in France.

The country between Dieppe and Paris—the most fruitful part of Normandy—is agreeably diversified; the journey occupies about five hours. At Rouen, the cathedral St. Ouen, and the spacious quays, are the chief objects deserving attention. Between Havre and Rouen the scenery along the banks of the Seine is highly interesting, especially at the part where the river widens out near Quillebœuf. Some persons, therefore, prefer the Havre passage from Shoreham, which is about two hours longer than that to Dieppe. The port of Havre admits the largest vessels, and maintains regular communication by steam with America, Russia, and other distant countries. The establishment Frascati offers resources for recreation. The English residents, however, as also the principal merchants, live at the large suburb Ingonville.

The objection to a long sea-passage will, however, always induce the great majority of travellers to choose that from Folkstone or Dover to Boulogne; or from the last-named English port to Calais—which, though shortening the voyage by half an hour, prolongs the railroad journey by a few miles.

Boulogne is an agreeable town for a short residence in the summer season, and has been of late years a good deal resorted to by families from England, on account of the sea-bathing, which is excellent, a fine sandy beach extending at low water eastward of the port, which has been greatly improved by the construction of a jetty along the ridge of rocks that formerly rendered the entrance less safe. The streets are clean, wide, and have an animated appearance; and several of the shops are handsome. The lower town lies at the

base and up the acclivity of a steep hill, on which stands the high town, inclosed by ramparts, planted with trees, and forming an agreeable promenade, whence extensive views may be obtained of the surrounding country. The population amounts to thirty thousand; many *rentiers* reside in the high town, whilst the inhabitants of the lower town are for the most part engaged in commercial and professional avocations, are lodging-house keepers, or are connected with the port.

The environs are agreeable, and the air is light and bracing; but the winter is generally severe, on account of the northern aspect and unsheltered position of the town, and cold winds and storms are of frequent occurrence. Boulogne is, however, on the whole, a healthy place of residence, and generally agrees well with children, though it would not be an advisable place for delicate persons, or for those who are "servile to skyey influences." The resident English population usually averages, in peaceful times, between three and four thousand, many being induced to select it for an abode on account of its neighbourhood to England, its comparative cheapness, and the facilities for education. There are also several officers on half-pay, and some whose means of existence are more problematical. The superior class of Boulognese are generally courteous in their demeanour; the lower orders are for the most part sober, good-tempered, though at times *emportés*, fond of gaiety and dancing, and civil to strangers; the women are strong, and work hard. Boulogne possesses a tolerable museum and reading-room, where the English papers are daily received. The most usual lounge is on the port and jetty, to watch the arrival and

departure of the packets; and at the adjoining sea-bathing establishment, Versial.

Nothing is lost, as regards scenery, in journeying by railroad to Paris, the country being, for the most part, a continued succession of hill and dale; and, though generally productive in corn, is but scantily wooded, and offers but little to interest the traveller. The few chateaux seen on the roadside are most of them formal looking and cheerless, and the absence of detached cottages is characteristic of the more gregarious habits of the people. The pleasures of rural life, and the country-house society, so universal in England, are but little known or appreciated; field sports being comparatively little followed in France, landed proprietors, consequently, seldom reside on their estates for more than a few weeks in the year, the great majority preferring the attractions of the capital, the larger provincial towns, or the watering-places. The French peasantry are generally robust, and more sober than the English, living principally upon bread, vegetables, milk, and bad wine, and eating meat only once or twice in the week; the villages and hamlets in which they congregate, though improved in appearance of late years, look any thing but attractive.

The dull town of Abbeville, encircled by walls, has an antiquated aspect, and contains nothing to interest the passing traveller but its fine cathedral. Amiens is a livelier town, and more tolerable as a place of residence —its cathedral is one of the finest in France. Beauvais, which lies at some little distance from the line, in an agreeable part of the country, has a cheerful aspect. Its cathedral deserves a visit, as does also the tapestry

manufactory. At St. Denis the fine old cathedral, with the royal tombs in its vaults, will be viewed with interest.

Few cities stood in greater need of improvement than Paris, some years ago, and there are perhaps none where so much has been effected in so comparatively short a period. The new quarters which have arisen in various directions; the widening of numerous streets, with the addition of foot-pavements; and the greater cleanliness both in and out of doors, as well as the improved accommodation generally throughout France, render the meaning of the word *comfort* (which the language has adopted) now better understood. The speedy completion of several new edifices and public works is in great measure owing to the ex-King, who, it is said, contributed largely to the embellishment of the capital.

Standing near the obelisk, in the Place de la Concorde, the stranger may enjoy a *coup-d'œil* unique in its kind. The splendid appearance of the Place, and of its two fountains, the view of the bridge and Chamber of Deputies, of the beautiful newly-erected *façade* of La Madeleine, of the gardens and palace of the Tuileries, and of the magnificent arch of Neuilly, seen through the vista of the Champs Elysées, will leave an indelible impression upon the memory. Another view, scarcely to be equalled in Europe, may be obtained from either of the bridges opposite the Tuileries. The extent of this palace and the Louvre (near half a mile), the spacious quays teeming with life, the light cheerful aspect of the houses, the two branches of the river passing between the Pont Neuf, and having enclosed the

Ile de la Cité, uniting into one broad stream, with the venerable towers of Notre Dame rising high above the surrounding buildings, form an *ensemble* which could hardly fail to attract the attention of the most indifferent spectator. The visiter will also be highly gratified by the panorama of the city displayed from the summit of Notre Dame, or of the arch of Neuilly, the clearness of the atmosphere on a fine day enabling him to see the whole at a glance.

If the city have undergone great changes within the last twenty years, still greater has taken place in the demeanour and character of its inhabitants. Paris, and indeed France in general, could not, even before the recent change from a monarchy to a republic, have been termed with propriety the

> "Gay, sprightly land of mirth and social ease,
> Pleased with itself, whom all the world can please;"

for instead of the polite, light-hearted people of former days, one more frequently met with serious, anxious, business-like countenances; vivacity had given place to a sedate demeanour and to comparative taciturnity, and *brusquerie* was not unfrequently witnessed in public places.* The love of self appeared in a more prominent light, the acquisition of money being the

* "My first impression of the French character," says Mr. Matthews, "is, that it must be greatly changed from that gay and lively frivolity of which we used to hear so much. My fellow-passengers are serious and reserved; each man seems to suspect his neighbour; and at the tables d'hôte, where I have dined and supped during my route, the company could not have been more silent and sombre if the scene had been laid in England in the month of November."—*Diary of an Invalid.*

object of the great majority of all classes; and there are few strangers but have had to complain of the greater disposition to take advantage on the part of the trades-people, and others with whom they were brought into contact. The women were not free from this reproach, being often more *exigeantes* than the men. Titles of nobility being no longer hereditary, were but little estimated, wealth being the idol to which most bowed. Among the upper classes the talent of conversation is possessed in a high degree, and egotism is at least more veiled by the exterior forms of politeness; the essence, however, which consists not merely in a courteous demeanour, but in doing civil and kind acts without interested motives, even though it may be at some personal inconvenience, is much more rare at the present day. The great majority, especially of the upper class of Parisians, has been, in fact, educated more with reference to society than to domestic life, if the thronged *réunions* and *liaisons de salon* can be called society, where there is generally little else than a

> "Commerce extérieur, union sans penchant,
> Que fait naître l'usage et non le sentiment;"

Where

> "L'esprit vole toujours sur la superficie,
> Et le cœur ne se voit jamais de la partie."

This desire of shining, and appearing to advantage in the world, leads the French (and foreigners in general) to cultivate the art of pleasing more than the English, though the exercise of the said art is too frequently restricted to society, without being carried into the family circle. Thus, the Frenchman generally possesses a greater variety of information, and can con-

verse more readily upon most subjects (though his knowledge of them may not be very profound) than the Englishman, whose time at college has probably been either more occupied by his classical studies, to the neglect of other more available knowledge, or by more practical occupations.

It must, however, be confessed, that the introduction of the more easy manners, and the greater colloquial powers of the French, would go far towards removing the insipidity attendant on some crowded meetings where the company is exclusively English, and the conversation not the most *spirituelle*. Thus, as may be supposed from their greater disposition to enjoy the present, and *effleurer les choses de la vie*, the French are more agreeable as acquaintances than the English, who, however, are generally more to be depended upon as friends, or where any service is required.

The influence of religion is almost null among the largest proportion of the population of most parts of France, and that of the moral principle is not very powerful; both good and bad actions being more frequently performed from impulse, or in accordance with the dictates of interest or pleasure, than from reflection, or from a due regard to what is right or wrong, which, from being inculcated at an early age, is more universal in England. Personal courage, and an exaggerated idea of the superiority of France and Frenchmen over all other nations, as well as a great susceptibility to any thing which is considered to affect the national or individual honour, are universal among all classes; hence the readiness to have recourse to arms, and the greater frequency of duels to settle disputes and mis-

deeds affecting society, which in England (where the dread of moral responsibility and of the law operates as a salutary restraint upon personal conflicts) are frequently arranged by apology, or are submitted to the decision of the judicial tribunals. Even among common soldiers in France, when disputes cannot be arranged, a duel with the sword is a frequent consequence.

The love of pleasure, which pervades all classes in France to a much greater extent than in England, is not always of the most refined nature: hence a morbid craving for excitement and novelty is engendered, and a vitiated taste is acquired, to which writers and dramatists of considerable talent have not scrupled to pander, and to keep alive, by the reiterated narration of crimes and horrors, which, from the novel and *outré* combinations in which they were presented to the public, must have called forth not a little inventive power. It must not, however, be supposed that all were thus infected; for there is a large proportion of the upper and middle orders among the French population, as estimable as could be found in any country, whom these productions inspired with disgust and pity; and the writings of Chateaubriand, Lamartine, and De Vigny, were eagerly perused, even by many of those who delighted in the creations of Victor Hugo or Georges Sand. It is, however, gratifying to perceive that this taste has of late greatly subsided: the dramas of *Lucrèce Borgia*, *Marion de L'Orme*, the *Tour de Nesle*, and similar performances, having been but seldom exhibited on the stage, being superseded by the historical plays and comedies of Delavigne, Scribe, and others of the same school.

A thirst for military renown, and acquisition by force of arms, is strong in the minds of a large section of the population of France (independently of the army), who have the recollection of the brilliant career of Napoleon, and of individuals raised from obscure stations to the rank of colonels, generals, and field-marshals, without the accompanying reflection of the devastation and misery inflicted upon other nations, and which the conscription and occupation by foreign armies subsequently entailed upon their own country. Such persons, many of whom may be likened to the conspirators against Augustus, referred to by Corneille, who,

"Si tout n'est renversé ne sauraient subsister,"

dazzled by their ideas of national superiority, are led to entertain the supposition of a successful career of conquest as heretofore: a circumstance not likely to happen in the present day, even were another Napoleon to arise and take the command of their armies.

With respect to climate, the chief advantage which Paris has over London consists in the greater purity and dryness of the atmosphere, its freedom from smoke and fog, and in the weather being less variable from day to day. The summers are hotter, and the winters equally cold, if not colder. The average quantity of rain which falls throughout the year, is about as great in the one as in the other capital. It would not, therefore, be advisable to select Paris as a winter residence for delicate invalids, or those whose cases require attention to climate. It agrees, however, very well with many dyspeptics, to whom the light cookery of the French *cuisine* is better suited than the more sub-

stantial fare usually met with in Britain, which requires greater powers of digestion, provided always that this class of invalids abstain from ragouts, rich sauces, indigestible vegetables, as truffles, and from partaking of a variety of wines. The valetudinarian who labours under depression of spirits, combined with disordered digestion, would likewise frequently find himself better after a few weeks' sojourn in Paris, which offers more resources for mental relaxation and amusement than any other city. Baths are also more general, which is a great advantage; for there can be no doubt that the neglect of this means of keeping the functions of the skin in a proper state, is the occasion of many of the complaints most frequently met with in England.

Among the most prevalent diseases of Paris may be enumerated inflammations of the respiratory organs, consumption, typhoid fevers, intermittents, rheumatism, scrofula, and various forms of dyspepsia. Apoplexy, paralysis, and nervous diseases in general, appear to me to be less frequent than in England. As the treatment of disease presents considerable differences (into the consideration of which I have fully entered in another work*) in England and on the continent, the English abroad usually prefer being attended by medical men of their own country, and at almost all the continental towns of resort, one, two, or more practitioners reside. Some, however, who take the name of English physicians, have but little claim to the confidence of the public, as every body is not aware that the title of doctor

* Observations on the Medical Institutions and Practice of France, Italy, and Germany.

CHAPTER II.

LYONS—THE RHONE—MARSEILLES—CLIMATE OF PROVENCE —HYERES AND ITS CLIMATE—CANNES.

THE vast majority of English travellers proceeding beyond Paris, take the route by the Orleans and Nevers railroad, or by that of Tonnerre and Dijon to Lyons, on their way to Switzerland, or to Italy and the Mediterranean, whence to most parts of Great Britain there is now uninterrupted steam communication—the line of railroad between Paris and Chalons having been recently completed; and from this town there is constant traffic by steamboat to Lyons and Avignon—whence the railroad is in activity to Marseilles. By the Tonnerre and Chalons route, the scenery is in many parts interesting, especially in the environs of the metropolis, and on the banks of the Seine at Montereau. Some of the views in the forest of Fontainebleau, through which the road passes, are strikingly beautiful. Enormous masses of grey rock, which contrast agreeably with the surrounding foliage, lie scattered about in various directions, presenting a novel and curious appearance. The town possesses some good streets, but seems to be almost deserted. Travellers so disposed may visit the chateau and gardens.

Sens possesses a cathedral, which, however, is inferior to that of Abbeville or Beauvais, and contains nothing

particularly worthy of observation. Joigny and Auxerre are pleasantly situated towns on the Yonne, in a fruitful country, producing a superior kind of wine. The golden tint of the vine-leaves in autumn gives a rich and pleasing appearance to some parts of the country between Auxerre and Chalons, which at other times look dreary and cheerless. During the vintage season, the process of treading the grapes by men and women with bare feet (to which practice allusion is made in the Scriptures), will frequently be seen in the vineyards on the roadside. It is, however, a mistake to suppose, that the peasantry in the wine countries are better off than in others, the reverse being more frequently the case, as great distress ensues if the season should be bad, which not unfrequently happens.

Dijon, the capital of Burgundy, and formerly a city of great importance, is still interesting from its historical associations, and its ducal monuments. A visit to the museum during a day's halt, will afford a pleasing occupation. Chalons is a pretty town, and looks well from a distance. The quays are spacious and handsome. Two or three steamers descend the Saone daily to Lyons, making the transit in six hours; they cannot, however, always convey carriages (especially when the water is low), which can be forwarded by a *coche d'eau*. But few persons, however, now require these encumbrances, so great are the facilities of transit from one place to another. The banks of the river are for the most part flat, and indifferently cultivated about Maçon (half-way), celebrated for its wine; the scenery is pleasing, and increases in interest on approaching Lyons. The road, which runs in great part parallel with the

river, passes over Mont d'Or, so called from the rich colour of its vineyards in autumn, and from the summit of which a charming and extensive prospect may be enjoyed of the rich plains of Burgundy on the one side, of the Lyonnois on the other, and of the snow-clad Alps of Dauphiné in the distance. The descent to Lyons passes through a succession of meadow land, orchards, and vineyards.

Lyons is principally built between the Rhone and the Saone; in addition to the old bridge, a suspension bridge has recently been constructed over the latter river. The quays are spacious, but not clean. The principal squares are the Place de Bellecour, perhaps the largest in Europe, and the Place des Terreaux, which contains the Hotel de Ville, and a good museum of natural history. The largest, as well as the finest public edifice, is the hospital, which is surmounted by a dome, its *façade* occupying a considerable extent of the Quai du Rhone. There are no other public buildings remarkable in an architectural point of view. The streets are mostly narrow and dirty; the houses old and lofty. Lyons consequently offers no inducement to travellers to prolong their sojourn beyond a day. The velvets and silks are justly celebrated, and their manufacture occupies a large proportion of the population. The labouring classes, as in most other manufacturing towns, are for the most part republicans, and turbulent. The view from the Terrasse de Fourvières of the city, the junction of the two rivers, a vast extent of fertile country and vine-clad hills, with the distant view of the Alps, is considered one of the finest in Europe.

Steamboats descend the Rhone to Avignon in ten or eleven hours; one leaving daily at an inconveniently early hour (four o'clock), a second at eleven o'clock, which arrives in the evening at Valence, leaving the next day for Avignon. These boats are larger than those on the Saone, and take carriages; but they are not very clean, the accommodation is inferior, and they are generally disagreeably full of passengers, and laden with merchandise. The scenery is in many parts highly interesting, not unfrequently resembling that of the Rhine below Mayence; the river flowing rapidly between steep hills, ever and anon crowned with ruins, and cut in terraces for the cultivation of the vine. On advancing more to the south, the banks become flatter, and the Alps rise more distinctly upon the view. At the Pont St. Esprit, which is of great antiquity, the current is very strong, and some degree of excitement attends the passing beneath the arch, several accidents having happened at this point. This is the only stone bridge between Lyons and Avignon; but several handsome suspension bridges have been constructed of late years. When from any cause Avignon is not likely to be reached by daylight, the steamer does not proceed beyond Pont St. Esprit, proceeding the next day to Avignon. On account of the rapid communication by the river (Avignon being distant from Lyons about 140 miles), there is not much travelling downwards by the road along its left bank, which is principally traversed by waggons laden with heavy goods from Marseilles, and is consequently frequently in bad order, especially after heavy rains. The towns are dirty and badly built, and the accommodation indifferent. Nothing

but an occasional glimpse of the river, and of the Cevennes range of hills on the opposite bank, occurs to relieve the monotony of the route till Orange, where a fine Roman arch stands by the road-side, and beyond which the scenery is of a more interesting character. In consequence of the tortuous course of the river during the last portion of the journey, those persons sensitive to atmospheric transitions, should not neglect to take precautions against the alterations of temperature to which they are exposed by remaining on deck.

Avignon is encircled by high walls, and has every appearance of great antiquity. The papal palace, a fine old gothic edifice, with handsome *façade*, is now converted into barracks. From the top of the hill, on the acclivity of which the town is built, an extensive view may be obtained of the plains of Languedoc and Provence, as also of the course of the river, which is here of great breadth, enclosing an island which serves as a *point d'appui* to the two bridges across its branches. In the cathedral is the tomb of "*le brave Crillon*," and the spot occupied by that of Petrarch's Laura is pointed out among the ruins of the church of the Cordeliers. The environs of Avignon are uninteresting, but an agreeable excursion may be made by those not pressed for time to the

"Chiare, fresche, e dolce acque"

of Vaucluse, about fifteen miles distant.

This fountain, immortalized by the verse of Petrarch, rises in a romantic position at the base of a semicircle of lofty and perpendicular rocks.

Below Avignon the scenery of the Rhone presents

little to interest the passing traveller; and, although the boats descend to Arles, the railroad to Marseilles being open, journeying by the river is in great measure superseded. From Beaucaire, where a large annual fair takes place, there is also railway communication to Nismes, Montpelier, and Cette.

The journey from Avignon to Marseilles is made in three hours; the country, though not devoid of beauty during the former part of the course, becomes more and more barren; this part of Provence consisting of rocky and uncultivable soil. Kognac is the station for Aix (an hour and a half distant), which, though a handsome town, contains few objects worthy of observation except the principal street, which is striking from its width and regularity. The environs are enlivened by numerous villas scattered about the olive-covered hills. The thermal waters in the neighbourhood are but little frequented by strangers.

From Aix, the public carriages require about twenty hours to arrive at Nice, by way of Brignoles, Le Luc, and Draguinan. Carriages posting need not pass near this last-named town, and may easily go in two days.

Marseilles, the third city in France, has a population of upwards of 200,000 inhabitants, and like all seaports presents a thronged and bustling aspect, especially along the "Cours," a fine wide street with avenues of trees in the centre, terminated by a triumphal arch. From the centre of the Cours another handsome street (*La Cauebière*) descends to the port, filled with vessels from various countries. An immense basin connected with the port, almost entirely hewn out of the solid rock, was completed some years ago. On account of the emana-

tions arising from the stagnating water in the harbour (owing to the want of tide and egress), and the consequent injury from its action upon the shipping, a new floating one is contemplated. The Allées de Meilhan—a planted triangular place at the superior part of the town—is one of the most usual points of meeting to discuss affairs, or the news of the day. A new promenade, the Prado, extends from the town along the shore, which, however, does not possess the sandy beach, so great an attraction to the seaside in other parts; for

> "There shrinks no ebb in that tideless sea,
> Which changeless rolls eternally;
> So that wildest of waves, in their angriest mood,
> Scarce break on the bounds of the land for a rood."

The Promenade Buonaparte, at the opposite extremity of the town, terminates in a public garden, at the foot of a steep rocky hill, on which stands the fort of Notre Dame de la Garde, together with the church, which is rich in votive offerings from sailors and their relatives, desirous of propitiating the Virgin previous to undertaking a voyage, as also from others who have escaped "accidents by flood and field," or have recovered from illness by means of her supposed intercession. These offerings consist of small silver hearts, daubs of painting, and other insignificant tokens of acknowledgment, the appearance of which goes far to verify the proverb, "*Passato il pericolo, gabbato il santo.*"

From this elevated point a fine view may be obtained of the town, port, lazaretto, the Chateau d'If, the broad expanse of the Mediterranean, and of a mountainous and rugged line of coast on the one hand, and

on the other of a semicircle of high and barren hills, the lower acclivities of which are relieved by verdure, and dotted with the numerous villas of the merchants, who, when not necessarily engaged in business, retire thither from the town, which on Sundays and holidays is also comparatively deserted by the poorer classes, who resort to the *guingettes*, and public gardens in the environs, to amuse themselves with dancing, the *montagnes Russes*, and other sports.

Almost all the lower, and many among the upper class, are republicans in their politics; the celebrated air, which takes its name from this city, having long been the rallying cry of this party. A large proportion, however, of the upper class of inhabitants are well disposed towards monarchy.

The aspect of Provence is any thing but what one would be led to expect from a perusal of some of the old romances which expatiate upon the beauties of its scenery. It is for the most part dull and dreary; the heat in summer is almost unbearable; the roads, from the prolonged continuance of drought, are thick-laid with dust, which, during the prevalence of winds, is raised in clouds. The winter is sharp and cold; the powerful *mistral* (north-west) is strongly felt, especially during January, February, and March. In spring the sun acquires great power, and its influence, alternating with that of cold winds, produces frequent and rapid changes of temperature, very dangerous to invalids, and trying to those in health. The rains fall at irregular periods, last during several days or weeks, leaving a long interval of dry weather, during which the sky is clear and bright. The best seasons for visiting this

port of France are from April to the middle of June, and from September to the beginning of November.

Marseilles was a few years ago but badly supplied with water ; this deficiency has, however, been effectually remedied by a stupendous work, equalling those of antiquity, viz. the aqueduct for conveying to the town the waters of the Durance (a distance of nearly twenty miles), which is seen at intervals from the railroad, traversing the country, and occasionally spanning valleys of considerable extent.

Steamers leave Marseilles several times a week for the ports of Italy and Spain, and also frequently for those of the East. A new service is likewise established for Nice, making the voyage in ten hours. That to Genoa is twenty hours—the passage by the French mails direct across the gulf to Leghorn, without touching at Genoa, occupies thirty hours. The voyage to Barcelona takes about twenty-four hours.

Marseilles is but little frequented by visiters except *en passant*, nor does it offer many attractions for a prolonged residence. Those who desire to see Hyères take the route to Toulon (six hours), where, having seen its fine port and arsenal, there will be no occasion for delay. Hyères is about an hour's drive from Toulon. On approaching through olive plantations and vineyards, the attention will be attracted by the extensive ruins of its ancient castle and walls, crowning the hill at the base of which the town lies, and which shelters it from the north. Passing in front of a new hotel, "Les Iles d'Or," the part inhabited by visiters, on the high-road to St. Tropez, is traversed. The diverging streets are narrow, and badly paved. The terrace

on the road-side, where grow five magnificent palm-trees, commands a delightful view of the plain, with its rich and varied vegetation of olives, oranges, palms, cypress, &c., extending to the sea, which is distant four or five miles. The islands of Hyères, about two leagues from the shore, add to the beauty of the scene. Opposite the terrace is a small library and reading-room, but indifferently provided with books and papers. A little further on are the two other principal hotels, "De l'Europe" and "Des Ambassadeurs," which have likewise terraces and gardens open to the public. At the end of the street is a Place, in which stands the ancient church. The resident population amounts to 10,000 persons. The lodgings and accommodation in general are inferior to those of most places of resort. Communications with Toulon are frequent; but Hyères itself possesses few resources. The sheltered space for out-door exercise is, moreover, extremely limited. Though protected from the north winds, which are severely felt in the neighbouring districts, it is greatly exposed to the *mistral*, which prevails more especially in the latter part of winter and in spring. The annual number of rainy days is less than at Nice, viz. forty. Hyères must be considered altogether as but a dull place of sojourn; its climate is, however, well adapted to some cases of disease, which I have elsewhere specified, and which will be referred to in the appended remarks on climate.*

Proceeding eastward through Frejus (where Napoleon landed on his return from Egypt and from Elba,

* See "Nice et son Climat; avec des Notices, sur le Littoral de la Mediterranée." 1851. Bailliere, Regent-street.

and which possesses the remains of an amphitheatre), the traveller crosses the Estrelles (part of the Maritime Alps), where the cork-tree, arbutus, and other evergreens, flourish luxuriantly, the air being perfumed by thyme and other aromatic plants, and descends to Cannes, delightfully situate on the bay of the same name. The Mont Chevalier, on the summit of which are the ruins of a fort, commanding an extensive view, limits the town on the western side. The island St. Marguerite is about a league from the shore; it is historically noted as having been the place of confinement of the "Man with the Iron Mask." The population of Cannes amounts to 5000 souls; two or three English families reside near the town, in which, however, there are but few houses adapted for the reception of visiters. Cannes has, notwithstanding, the advantage of being on the high-road, and possesses others with respect to climate, being sheltered from the north, and perfectly so from the north-west by the Estrelles. The environs are beautiful and varied (especially near Grasse, about three leagues distant), and celebrated for its fruits and perfumery.* The port can admit tolerably large vessels. A steamer arrives weekly from Marseilles, carrying merchandise and the productions of the soil. A great part of the inhabitants are occupied in fishing. Cannes possesses considerable capabilities for improvement, and is likely to become a place of resort in the course of a few years for families who may prefer its comparative quiet to the movement of Nice, which is about four hours distant.

* From Grasse the courier leaves for Digne, whence there is a diligence by Gap to Valence, and one to Grenoble.

CHAPTER III.

MARSEILLES TO TOULOUSE—NISMES—PAU AND ITS CLIMATE —EAUX BONNES AND CHAUDES—BORDEAUX AND ITS CLIMATE—TOURS.

RESUMING the journey from Marseilles westward, the traveller may either take the steamer to Cette, or go by rail to Arles and Nismes: few persons at the present day would be disposed to prefer the boats drawn along the canal cut through the Camargue, a tract of marshy country enclosed between two branches of the Rhone, from which the sea was shut out by embankments constructed under Napoleon. This land is now available for the pasturage of extensive flocks and herds, which, on the approach of summer, are driven up to the mountains.

Arles is an irregularly built town on one of the *embouchures* of the Rhone, which is navigable for large-sized vessels. It contains about 20,000 inhabitants, and is alike celebrated for the beauty of the women, which is heightened by their picturesque costume, and for its Roman remains, of which the principal is an amphitheatre in tolerable preservation. Adjoining the cathedral are the cloisters, of which the gothic arches, supported by finely sculptured pillars, are good specimens of architectural skill in the earlier periods of Christianity.

One of the most magnificent remnants of Roman antiquity, the Pont du Gard, stands not far from the direct road from Avignon to Nismes, from which it is five miles distant. This stupendous erection, stretching across the valley of the Gardon, which served at the same time for a bridge and aqueduct, consists of three rows of arches, one above the other, in excellent preservation. When seen from below, the effect is very striking. This is one of the objects which does not disappoint the tourist's expectation.

Nismes is a handsome, clean, and cheerful-looking town, with a population of about 40,000 inhabitants, a large proportion of which number are Protestants, between whom and the Catholics a spirit of hostility exists, which has frequently broken out into riots attended with loss of life.

Nismes is not a place of much commerce, many of the inhabitants being *rentiers*, who are fond of amusement. It is, however, little resorted to by English families, though house-rent and provisions are cheap, and the climate better than that of Marseilles on account of its inland position, as also from its being in great measure protected from the north by the hills rising immediately behind it. It is, however, still too cold and exposed to the mistral and *vent de bise* to be a recommendable locality for persons in weak health. The chief streets and boulevards are lighted with gas, the cafés are numerous, some of them elegantly fitted up. The theatre is handsome, and the *corps dramatique* good. Like the Parisians, many of the inhabitants of Nismes live a good deal out of doors, and in places of public resort. Opposite the theatre is the

celebrated *maison carrée*, one of the best preserved monuments of the Roman empire. The interior is now converted into a museum and picture gallery. A little further on, in a large open space, which admits of its being seen to advantage, stands the amphitheatre, the exterior of which is in perfect preservation, but the interior is a good deal dilapidated. There were thirty-five rows of seats, and upwards of 30,000 spectators could be accommodated, being about 10,000 more than the amphitheatre of Verona.

Few towns are so well supplied with public promenades as Nismes. Besides the boulevards and the extensive esplanade near the theatre, there is the Garden of La Fontaine, so termed from a large reservoir of water supplied by a canal, and in which are several arched recesses, said to have served for bathing in the time of the Romans. The garden possesses several avenues of fine chestnut trees, the intervening space being laid out in walks, between parterres of shrubs and flowers. It also contains the ruins of a temple of Diana, and other remains of antiquity. A winding path is continued up the hill, on a summit of which stands an imposing mass of brick-work, of a conical shape, termed the Tourmagne, being the largest of a chain of towers formerly occupying the heights, and connected by walls, vestiges of which are still visible in many parts. This tower may be seen from a considerable distance, and formerly served as a station for signals to vessels at sea.

Pursuing his journey westward, the traveller passes through a country of vineyards and olive plantations, in which stands the town of Lunel, celebrated for its

sweet wines, and arrives at Montpelier. At the time when little was known respecting the climates of the continent, invalids were frequently sent from England to Montpelier. Many also resorted to it from different parts of France, attracted by the reputation of its fine climate, and the skill of its physicians. Numbers, however, acquired the sad experience, that there are few localities more prejudicial in cases of pulmonary disease. Speaking of Montpelier, Mr. Matthews observed: "It is difficult to conceive how Montpelier ever obtained a name for the salubrity of its climate. For pectoral complaints it is probably one of the worst in the world. It is true there is almost always a clear blue sky, but the air is sharp and biting, and you are constantly assailed by the *bise* or the *marin*, and it is difficult to say which of these two winds is the most annoying. The one brings cold, the other damp; the climates of Europe are but little understood in England, nor indeed is it an easy thing to ascertain the truth with respect to climate. Travellers generally speak from the impression of a single season, and we all know how much seasons vary."* Indeed, Nismes would have the advantage over Montpelier as regards climate, as it is in some measure sheltered from the north, to which Montpelier, lying on the acclivity of a hill, is completely exposed. As in Provence, the earth during great part of the year is parched up for want of rain; in summer the heat is oppressive, and the dust lies thick upon the ground. The best period for a short residence here, or at any of the towns in this

* Diary of an Invalid.

part of France, is in September, October, or November, though at this time the rains sometimes continue for days together with but little intermission. To certain individuals, however, the climates of Montpelier and Marseilles would not be unsuitable, as in those labouring under some kind of asthma, or bronchial relaxation, without a tendency to inflammation. Some dyspeptic and rheumatic invalids would likewise find themselves benefited by this kind of climate, which, however, may be also met with in some of the towns of Italy, which present more *agrémens* for a winter residence, without the inconveniences of Provence.

Montpelier is the seat of one of the three Faculties of Medicine in France, the other two being at Paris and Strasbourg; but its reputation as a medical school is not so great as formerly. The town is not handsome; its streets are mostly narrow and badly paved; the number of inhabitants exceeds thirty thousand. The celebrated Promenade de Peyrou, at the most elevated part, commands an extensive view of the surrounding country, and of the olive-clad hills in the distance, among which numerous white villas are interspersed, and is embellished with an equestrian statue of Louis XIV., as also with a fountain supplied by a modern aqueduct of considerable extent. There is another much frequented promenade, the Esplanade, at the opposite extremity of the town. The objects principally worth visiting are, the *Musée Fabre* (a collection of pictures presented to its native town by the individual whose name its bears, among which are a few by first-rate Italian masters), the cathedral, and the school of medicine. But few English reside at Montpelier.

House-rent and provisions are cheap, though poultry, eggs, and butter are very scarce, as also throughout Provence, on account of the deficiency of pasturage and grain in the country. These articles are consequently brought from other parts, principally from Toulouse.

Cette is a town of considerable importance in a commercial point of view, from its frequent communication with various ports of the Mediterranean, which it supplies with wines and other produce of the south of France. Merchandise is also transmitted from Marseilles to Toulouse and Bordeaux by means of the Canal du Midi; a steamer leaves Cette every morning to cross the salt water Lake of Thau (eight miles), into which the canal opens; the passengers and goods being transferred to the canal boats. At the extremity of the lake, opposite to Cette, are the baths of Balaruc, which are a good deal frequented in the season, chiefly by persons from Montpelier, Toulouse, and other parts of the south. There is only this establishment, and one or two other houses, where visiters could be accommodated. The springs are saline, containing principally muriate of soda and a little gas. They have a high reputation in rheumatic, and especially in paralytic cases.

The Canal du Midi, by which water communication of the two seas is effected, though projected during the reigns of several of the French kings, was commenced and finished under Louis XIV. It is not, however, so available as it might be if the Garonne, near Toulouse, were deeper, so as to be navigable at all times. There are eighteen locks on the Atlantic side, and forty-six between Toulouse and the Lake of Thau. The banks

are for the most part protected from the action of the water by rushes planted for the purpose. Hills are in several places pierced to admit its passage. One of these grottoes, termed Mal-pas, is 170 metres long, 25 feet wide, and 22 high, the sides and roofs being built up with masonry. The canal is crossed by more than 100 bridges, and passes beneath 55 bridge aqueducts. The boats are drawn by horses, at the rate of six miles an hour; but, on account of the delays at the numerous locks, thirty-six hours are required to perform the journey from Cette to Toulouse, so that—though this mode of travelling may be less fatiguing—the land route through Beziers is much more expeditious. The country through which the canal passes no longer presents the aridity of Provence, but is rich, fertile, and in many parts highly picturesque. At Carcasonne, the snow-tipped summits of the highest of the Pyrenees rise upon the view; and on approaching Toulouse, the whole range becomes more distinctly visible.

Toulouse, the ancient city of song and troubadour, is said to have existed before the foundation of Rome. It lies in a beautiful and fertile plain on the right bank of the Garonne, crossed by a handsome bridge of brick. The population amounts to 60,000. The streets are narrow, thronged, and noisy; several of the shops and cafés are handsome, and decorated in a showy manner. There are two or three fine squares, the Place Lafayette, and especially the Place du Capitole, one side of which is entirely taken up by the Hotel de Ville; on the first floor of this building is a large hall—the *Salle des Illustres Toulonnois*, containing busts in *terra cotta* of the many celebrated characters born at Toulouse from

the time of the Romans to the present. Here are held the meetings of the Academy of the Floral Games, which awards prizes to the best compositions in poetry. The annual meeting and distribution of the prizes take place in May. In an adjoining apartment is the statue of Clemence Isaure, the founder and patroness of these games, who lived in the beginning of the fourteenth century. Toulouse possesses two theatres, several public libraries, reading-rooms, and scientific societies. The people are in general affable, fond of pleasure, and live a good deal out of doors. House-rent and living are cheap. The winter climate is generally mild, without the dryness of Provence, or the humidity which prevails on approaching nearer Bordeaux. Cold winds are, however, sometimes severely felt. The west wind, sweeping over the Atlantic, is laden with moisture, and is extremely trying to invalids. Rain not unfrequently falls, the weather being variable from day to day. In the autumnal months the weather is generally fine till Christmas; in spring, cold and damp winds are prevalent, frequently alternating with rain. The environs are exceedingly productive in fruit and grain; and the flower and fruit market, which is held in the Place du Capitole, is scarcely to be equalled elsewhere. One of the most frequented walks leads to the column lately erected on an eminence at some distance from the town, to the memory of the soldiers of the French army who fell in the battle in 1814. On it is the inscription, "*Aux braves morts pour la patrie, Toulouse reconnoissante.*" From this spot a good view may be obtained of the town, and of the positions occupied by the respective armies.

The Garonne is navigable at Toulouse for small boats only; so that travellers to Bordeaux usually go by land to Agen (a drive of ten hours), and there take the steamboat. Those desirous of visiting the Pyrenean baths, proceed to Tarbes and may return by Pau.

Tarbes, formerly the capital of the Bigorre, is a pretty little town, situated in a plain at the entrance of the valleys; forming a central point, where the roads unite from Toulouse, Bagneres, Cauterets, and Pau. From the Prado, or public walk, and also from the balcony of the principal hotel, is displayed the prospect of a considerable extent of fertile country, terminated southwards by the

"Long waving line of the blue Pyrenees,"

the whole range, with the relative altitude of the most celebrated *pics*, being clearly discernible.

A little before arriving at Estelle, on the road from the baths to Pau, the traveller quits the department of the High, and enters that of the Low Pyrenees, where the country increases in beauty, resembling a rich garden, and producing a variety of fruit, Indian corn, and grain; the vines hanging in festoons between the trees, as in Italy.

Numerous country-houses and detached cottages are seen on approaching Pau, which is situated on an elevated plain in the richest part of the district of Bearn, of which it was formerly the capital. It contains a population of twelve thousand inhabitants; is a clean and cheerful-looking town, and has greatly increased in size within the last few years, which is partly attribu-

table to the number of English residents, and of the visiters who resort thither on the approach of winter.

In fact, Pau offers many inducements to families and invalids to select it for a winter residence. Its position is in the highest degree beautiful; the houses and their accommodations are good, though the proprietors are somewhat *exigeans*. Provisions of all kinds are abundant, and the climate is better than that of any other town in the south of France. It is humid as compared with that of Provence, but drier than other towns in the south-west, on account of its more elevated position, and from the gravelly nature of its soil. Sir J. Clark says, in reference to it, in his work on climate—"Calmness is a striking character of the climate, high winds being of rare occurrence, and of short duration. The mean annual temperature is four and a half degrees higher than that of London; five lower than that of Marseilles, Nice, and Rome. In winter it is two degrees warmer than London; three colder than Penzance; six colder than Nice and Rome, and eighteen colder than Madeira; but in spring Pau is six degrees warmer than London, and only two and a half colder than Marseilles and Rome. The daily range of temperature at Pau is seven and a half degrees, at Nice eight and a half, at Rome eleven. The number of days on which rain falls on an average is 109, nearly the same as at Rome, and about 70 less than at London; the west wind blowing directly from the Atlantic is accompanied by rain. The wind from the north-west, and from this point to the north-east, brings dry cold weather; while that from the north-east to the south is usually attended with clear mild weather;

south and south-west winds are warm and oppressive. The westerly or Atlantic are most prevalent. The north wind blows feebly, and is not frequent. Rain seldom continues for more than two days at a time, and the ground dries rapidly; the atmosphere, generally speaking, is free from moisture." There are neither fogs nor cold piercing winds, and the mildness of the spring is characteristic. Dr. Taylor, who has resided several years at Pau, in his work on the climate, contrasts it with that of Nice, as being of a nature directly opposed. He observes that "languor, disinclination to exertion, and a sense of fulness of the head and chest, are the primary effects experienced by healthy strangers. Hence, in all diseases of an atonic character, in a depressed and relaxed state of the nervous system, and in congestive diseases, the climate is injurious." It is on the other hand beneficial in many chronic affections of the larynx, trachea, and bronchia, of an erethetic character; in gastritic dyspepsia, and in several asthmatic complaints. Some gouty patients would derive advantage from wintering at Pau, but to the majority a drier atmosphere would be more suitable, especially after a course of baths in the summer.

The town consists chiefly of a long street badly paved, whence others diverge, leading, on the one hand, to the Place Royale, an esplanade planted with trees, and commanding a delightful prospect; and, on the other, to the Place de la Concorde, a spacious square of modern houses built on arcades, with shops on the ground floor; the upper part of many of them being let to strangers. At the extremity of the principal street is the old *chateau* of Henry IV., which, with its

antique towers, when seen from a distance, forms a picturesque object in the view. In the court-yard are the heads in *bas relief* of some of the ancient princes of Bearn. At the entrance is a statue of the king,

"Qui fut de ses sujets le vainqueur et le père,"

which shows him to have been of very diminutive stature. In the interior is exhibited the cradle of the king, formed of a tortoise-shell. From the summit of the chief tower a splendid panorama is displayed of a highly-cultivated and richly-wooded country, dotted over with *chateaux* and farm-houses, and through which flows the *Gave*, transformed from a foaming mountain torrent to a placid and broad river, crossed by a handsome bridge. On the opposite side, the hills are clothed with vineyards, which yield the esteemed wine of Jurançon ; while, towards the south, a back-ground to the prospect is formed by the chain of the Pyrenees, in the centre of which the Pic du Midi towers above the rest.

The park, which extends a considerable distance from the chateau, and possesses an avenue of fine old trees, is the most usual promenade : the walks and rides in the environs are beautiful and varied, and the angler may have ample scope for the gratification of his taste. In the town there is a tolerable theatre, and a reading-room, where the London papers are received. There is also frequently a good deal of society, so that altogether Pau would offer several resources during a winter residence.

The Eaux Bonnes, and Eaux Chaudes, are about seven leagues from Pau : the road, passing over the

bridge, and for some distance along the river, is highly interesting. At the little town of Laruns, in the valley of Ossau, it divides into two; the one to the right leading up a wild defile between mountains clothed with box-wood to the Eaux Chaudes; while that to the left leads by a steep ascent to the Eaux Bonnes, which is closely encircled by lofty and rugged mountains, the sides of which have been in some parts cut away to allow space for new erections. Even now the place does not contain more than twenty-five houses, which have been found insufficient to lodge the increasing number of visiters.

Close at hand are quarries of marble, which have served for building several of the houses, which have consequently a handsome appearance, and are clean internally, the accommodation being better than at most of the other watering-places. The bathing establishment (with baths on the ground, and a public room on the first floor) is a new and elegant structure. The bathing cabinets are handsomely fitted up, and the baignoires constructed of white marble. In the vestibule is the drinking fountain, these springs being more used for drinking than for baths, for which the supply of water is scarcely sufficient. There are two springs, one rising behind the bath-house, the other a little way up the mountain; they are of a lighter sulphurous kind, and enjoy a high reputation in disease of the air-passages, and in incipient consumption. The water is also sent to Pau, and is drank by some individuals during the winter. There is at the Eaux Bonnes a great deficiency of shade, and but little space for exercise, on account of the mountains approaching close to

the houses. A small piece of ground has, however, been laid out and planted with trees. The heat is generally very great in the middle of the day, and the transitions of temperature are sudden. At the principal hotel there are a table d'hôte and public rooms for *réunions;* the visiters also associate more at the Eaux Bonnes than at some of the other baths, where there is a more numerous society, and where there are more resources for the occupation of time.

The position of the Eaux Chaudes is even more wild and secluded than that of the Eaux Bonnes, being in a narrow gorge between box and fir-covered mountains on the edge of the *Gave d'Oleron*, which rolls with impetuosity below. There are about sixteen houses, mostly old; the bathing cabinets are low and dark, and the accommodation altogether very inferior to the Eaux Bonnes. The springs are principally employed for bathing, the supply of water being more abundant than at the Eaux Bonnes, and they are said to have great efficacy in rheumatic, paralytic, and cutaneous affections. Though these waters have been employed medicinally by the inhabitants of Bearn and the adjacent districts ever since the time of Henry IV. (when they were termed Eau d'Arquebusade, from their supposed efficacy in gun-shot wounds), it is only of late years that a road practicable for carriages has been constructed from Laruns; previously to which many of the inhabitants of the town earned a livelihood by carrying invalids across the mountain to the springs. Although termed *Chaudes*, the temperature of the springs is not much higher than the Eaux Bonnes, but yet it is sufficiently so for bathing, without requiring

the water to be artificially heated. In the environs is a celebrated cavern, termed the fairies' grotto, which extends a considerable distance under the mountain. The frontier of Spain is about an hour's walk beyond the baths.

The journey from Pau to Bordeaux requires eighteen hours. For the first two posts the country is beautiful and highly cultivated, the land being partitioned off into orchards and meadows by hedges, which likewise border the road, as in England. On quitting the province of Bearn, and entering upon the district of the Landes at Mont-de-Marsan, the aspect of the country becomes totally changed. Nothing is seen for miles but extensive marshy wastes, without any sign of habitation, beyond here and there a turf hovel to afford shelter to the peasantry, who are employed to superintend the flocks of sheep, and whose aspect is sufficiently indicative of the malarious influence of the locality. In the winter, and when the ground is covered in many parts with water, they use for progression high stilts, which enable them to see for a considerable distance, and with which they can run and leap the wide chasms, by which the ground is frequently intersected, with surprising dexterity. A man, woman, and child generally go together, walking on these stilts, the woman being usually employed in knitting; and, seen from afar, the group presents rather a grotesque appearance. The soil of this tract of country is loose and sandy, and the road through it was formerly made with piles of wood laid across. Within the last three or four years, however, a tolerable *chaussée* has been constructed with stone, which was brought from a great distance. Not-

withstanding the desolateness and unhealthiness of this district, the inhabitants are said to be much attached to it, preferring it to other parts.

At Bazos, the country again assumes an aspect of fertility, and at Langon the road joins the left bank of the Garonne, which is here crossed by a handsome suspension bridge, and whence there is constant communication with Bordeaux by steam-boats. The banks of the river are beautiful, and in many parts striking and picturesque—verdant meadows, gently sloping uplands and vineyards; well-wooded hills, occasionally crowned with ruins; modern country-houses and pleasure-grounds, present themselves in succession, or alternately to the view, till the traveller arrives within sight of the city and its handsome stone bridge. The celebrated vineyards of Sauterne and Barsac lie a little way from the left bank of the river.

Few strangers can fail to be struck with the magnificent aspect of Bordeaux. The *coup-d'œil* of its splendid quays and range of buildings, extending in a semi-circular form upwards of three miles, of the broad river crowded with shipping, and of the bridge, which is longer than that of Southwark, is *unique* of its kind; while the bustle of its streets, the spacious squares and promenades, and the richness of the shops, impart to it every appearance of a metropolis. The fine avenue of trees in the *Allées de Tournay* and *des Quinconces* are the most usual resort of the inhabitants. Among the public edifices principally deserving of notice are the cathedral, the gothic church of St. Michael, and the theatre, which, as a work of architecture, is considered to be faultless. The interior of the building is, how-

ever, dirty, and the performers are but indifferent, theatricals not being much patronised by the higher classes. The great hospital St. André is likewise an elegant structure, and its interior arrangement and cleanliness are superior to most of the medical institutions which I have visited. It contains seven hundred beds. Bordeaux ranks high as a school of medicine, and numbers among its inhabitants several celebrated men. Notwithstanding its beauty as a city, it would not offer much attraction for the prolonged residence of strangers; for though the inhabitants be courteous and hospitable, most of them are engaged in commerce, and a person without occupation would soon experience a want of resources. Society is a good deal divided into coteries, and pleasure is less followed than in many other parts of France. The principal merchants have large houses on the Quai des Chartrons, beneath which are extensive cellars, where the wines are kept preparatory to exportation.

The climate is bad at Bordeaux; the heat in summer being very great, while the winter, though not very cold, is generally damp, from the winds which blow from the ocean and the marshy district of the Landes. A good deal of rain also falls. The most prevalent diseases are rheumatic and bronchial affections, inflammations of the bowels, pulmonary consumption, scrofula, continued and intermittent fevers.*

* "The modern word Bordeaux (says Inglis) admits of an easy explanation, for it is almost literally *bord-des-eaux*, or *bordé d'eaux*, which is truth. Bordeaux is in fact surrounded by waters. On the east the Garonne flows, on the west and south three streams are found, and on the north are the rivulets called the Bourde

The public cemetery, about a mile from the town, is worth visiting. It is a spacious piece of ground, divided into different sections by rows of cypress and plane-trees. Some of the mausoleums and tombs are of fine marble, and all have flowers planted around them, or are decorated with chaplets of *immortelles*. There are likewise in the environs several points to which interesting excursions may be made, as the Chateau de la Brede, formerly the residence of Montesquieu; the Chateau d'Epernon, Lafitte, and Margeaux, where are the celebrated vineyards, which are insufficient to supply a tithe of the wine which is sold in Europe under their name. [Those desirous of a detailed account of the Bordeaux wines may refer to Inglis's work;* and also to that of Redding on modern wines.]

About five miles from Bordeaux on the Paris road, a great work was achieved some years ago (which will be rendered nearly useless when the railroad is com-

and the Talle. And, besides all these running streams, there are many large marshes at no great distance from the city." So situated, it may be supposed that Bordeaux cannot be a healthy city; the winds which blow the most frequently are west, south-west, and north-west, and these, blowing over the ocean and the Landes, must necessarily be charged with humidity. Accordingly, the atmosphere of Bordeaux is most commonly moist and mild. During the winters, which are generally rainy, the thermometer generally descends below the fourth or fifth degree of Reaumur. This humid atmosphere and high temperature during the summer, together with the vicinity of the marshes, is productive of frequent epidemics, and of various other maladies, among which the most frequent are colds and coughs, intermittent fevers, rheumatism, and particularly those diseases which the French call *Phthisie tuberculeuse des adultes, et Phthisie pituiteuse des vieillards.*"

* Travels in the South of France and the Pyrenees.

pleted, as it is carried along a different line), viz., a suspension bridge (or rather five suspension bridges joined into one) across the Dordogne, which is here considerably wider than the Garonne at Bordeaux. There is almost daily communication by steam between La Rochelle, Rochefort, Nantes, and other ports along the coast.

The journey from Bordeaux to Paris occupies about six-and-twenty hours, the high-road joining the railroad at Poictiers. At Tours, there is an English colony, though the number is much less than some years ago. The town is beautifully situated on the left bank of the Loire, which is crossed by a handsome bridge. It consists chiefly of a fine wide street, three quarters of a mile long, and of short divergent streets. Living is cheap, and the winter climate is mild, the sky being generally clear; so that Tours might suit many who are desirous of a residence less exposed to change and bustle than places more resorted to by the generality of English travellers. By means of the railroad the journey may now be performed to Orleans in three, and to Paris in six hours. The scenery in several parts of the Loire is highly interesting. There is constant communication with Blois, Angers, Nantes, and other towns along the banks, both by boat and rail.

CHAPTER IV.

PYRENEAN BATHS—BAGNERES DE LUCHON—BAGNERES DE BIGORRE—VALE OF ARGELES—BAREGES—ST. SAUVEUR—GAVARNIE CAUTERETS.

THE road from Toulouse to the mineral springs of the Pyrenees passes through a beautiful and cultivated country, interspersed with villages and hamlets. At St. Gaudens (eighteen hours from Toulouse) two roads diverge. By following the eastern one, a valley is entered, which becomes narrower and less cultivated in advancing, and, after a four hours' drive, the traveller finds himself at Bagneres de Luchon, which is situate immediately "*sotto i gran monti Pirenei*," in a valley of the brightest verdure, watered by the Pique and other streams, and above which the Maladetta, the highest mountain of the range, raises its snow-capped peak. The town contains a population of two thousand inhabitants, and is built in the form of a triangle: each apex terminating in an avenue of trees. The lime avenue leads to the bath establishment, which (like other French baths, is under the superintendence of government) lies at the foot of a hill, whence the water issues, and passes immediately into the baths. The springs are hot and strongly sulphurous, and are among the most efficacious in the diseases for which this class of mineral

waters is indicated. Their temperature varies from 26 to 52 degrees R.

The environs of Bagneres de Luchon are highly romantic, and contain many interesting points, to which agreeable excursions may be made. The lakes of Oo and Seculejo are among the spots most frequently visited; and the lover of solitude, who delights to

> "Slowly trace the forest's shady scene,
> Where things which own not man's dominion dwell,
> And mortal foot hath ne'er or rarely been,"

may find ample scope for the indulgence of his taste; but, notwithstanding its scenic beauties, and the efficacy of its waters, Bagneres would not be an attractive summer residence to most English visiters, unless fond of seclusion, as the French, when *aux eaux*, associate very little with those whom they have not previously known. There are no public *réunions;* the accommodations in most of the French baths are very inferior to those of the German. Each family is served with dinners from a *traiteur's:* there are few *tables d'hôte*, and those only at the larger baths, for the accommodation of travellers. With the exception of two or three places, living is not dear at the Pyrenean baths; persons, for instance, may be boarded and lodged during the season at Bagneres de Luchon or Bagneres de Bigorre for five or six francs a-day. Both England and Germany are, however, deficient in hot sulphur springs; and in cases where they are indicated, there are none in Europe (Aix la Chapelle perhaps excepted) which are so efficacious as those of the western Pyrenees; but as I have more especially referred to their medical properties in another

work, I need not again enter into their consideration in this place.

A path, or mule-track, leads across the mountain by Arreau to Bagneres de Bigorre, through some of the finest scenery of the Pyrenees; the road passes round by Montrejeau, and ascends the valley of the Adour, in which this town lies, being sometimes called Bagneres-Adour. The country between Montrejeau and Bagneres is a succession of ascents and descents, and the scenery is beautiful and diversified.

The town looks well from the hills. The white and yellow painted houses, with their slated roofs; the bright verdure of the valley; the deeper hue of the pine forests on the acclivities of the mountains, the summits of which are imbedded in perpetual snow—form a series of beautiful and striking contrasts; while the clear waters of the Adour and other streams diffusing fertility around,

> "Sempre l'erbe vi fan tenere e nove,
> E rendean ad ascoltar dolce concento,
> Rotto fra picciol sassi, il correr lento."

Beyond the town the picturesque valley of Campan—the beauties of which, however, have been rather exaggerated by writers and poets—extends to the foot of the Tourmalet, on the opposite side of which are Bareges and the Vale of Luz.

Bagneres de Bigorre lies near the foot of the *Pic du Midi*, and is the largest and most frequented of the Pyrenean watering-places; a great proportion of the visiters remaining more for pleasure than for health. The number of English is at times not inconsiderable

from Pau or other places in the south of France, or Italy. Many persons likewise pass some time at Bagneres, after having taken a course of one or other of the springs in this part of the country. It stands seventeen hundred feet above the level of the sea; is encircled on all sides but the north by green hills and pine-covered mountains, and is consequently one of the coolest summer residences in the Pyrenees. The resident population amounts to eight or ten thousand, and the resources for amusement are greater than at the other baths. Bagneres was a great place of resort in the time of the Romans, by whom it was termed *Vicus aquensis*. There are numerous well-shaded walks and roads in the immediate environs; those which are most frequented are the *Allées* Bourbon, the garden Theas, and the valley of Campan. This part of the Pyrenees produces some beautiful kinds of variegated marble, and near the town is a *marbrière*, where it is worked into tables, statues, and other articles of *gout*, which are exported. This marble is, however, much softer than that of Italy, and does not bear exposure to the open air.

The bathing establishments are numerous; the principal one, belonging to government, termed the *Thermes de Marie Therese*, is an elegant structure of white stone, the interior of the bathing cabinets being composed of different coloured marbles. The baths are thirty-six in number, and are exceedingly convenient, each having a dressing-room attached to it; over the door is inscribed the name of the spring from which it is supplied. Those of *La Reine* (which is the hottest) and the *Dauphin*, are most used. There is likewise every requisite ap-

paratus for douche and vapour baths. As the water is too hot to be used at its natural temperature, it collects into large reservoirs at the back of the establishment, where it is cooled.

Frascati's is another bathing establishment, and also a lodging-house, which contains the public rooms for balls, billiards, and the newspapers. A single person may board and lodge here for about six francs a-day. Other lodging and bathing-houses are supplied by particular springs, as the *Pinac*, *Lannes*, *Petit Prieur*, *Sante*, &c.

All these springs are saline, and in their composition are not unlike those of Baden-Baden, or Bath, though they contain much less saline substance. Their temperature ranges from 27 to 35 degrees R. There is at Bagneres an hospital for the military and poor persons, to whose cases the springs are considered applicable.

On ascending the valley, by a road bordered with poplar trees, for about a mile and a half, you arrive at another bathing establishment in a secluded spot, at the foot of a steep hill, whence arise the springs from which it takes its name—*Salut*. There are here ten baths, into which the water keeps constantly flowing from a marble mouth; so that the baths are taken at the natural temperature, and they are in great request from five in the morning till three in the afternoon. As there are no apartments for lodging in the building, the bathers must come each time from the town on foot, in a carriage or *chaise à porteur*. This is among the least mineralized of the springs, the solid substance being scarcely more than a grain or two to a pint of

water. It is mostly employed by delicate persons and nervous ladies.

On the hill at the entrance of the town from Tarbes, a chalybeate spring rises from the rock, and is drank by some invalids; though, as it is but slightly impregnated with iron, and scarcely contains any gas, it would not be of great service in cases where chalybeates are indicated. From this spot may be obtained a good view of the town and valley, the *Pic du Midi*, and other mountains, and of the course of the Adour; the *ensemble* forming one of the most picturesque scenes that can be conceived.

The traveller who visits Bareges and Cauterets from Tarbes, after traversing a pretty undulating country, arrives at Lourdes, which occupies a situation strikingly beautiful and picturesque at the entrance of the valley, being surrounded by green hills—on the lower acclivities of which the vine is cultivated—meadows and fields of maize, through which flows the Gave de Pau. It is overlooked by the ruins of the castle, of which a tower constructed by the Romans is still in tolerable preservation.

On quitting Lourdes, you enter among the wild scenery of a defile, where at several parts the rocks approximate so closely to each other as scarcely to allow space for the passage of the Gave.

> "The mountains closing—and the road, the river
> Filling the narrow pass."

A little farther on lies the vale of Argeles, realizing all that one can conceive of pastoral beauty—flocks grazing in meadows of the brightest green, planted with

mulberry and fig trees—vineyards on the side of the hills, the rocky summits of which are ever and anon crowned with a ruin; neat villages placed at short intervals, and the little town of Argeles, through which the road passes, form altogether a most enchanting picture, which strikingly contrasts with the sterile and snow-capped mountains by which it is enclosed. This valley is eight miles in length, and three in breadth. Many of the inhabitants on the left of the river, where the ventilation is not so free, are affected with goitres; and *Cagots* (who are identical with the Cretins of some Alpine districts, but who have now nearly disappeared) were formerly very common.* At Pierrefitte, a road branches off to the right, leading to Cauterets; that on the left leads to Luz, St. Sauveur, and Barèges, immediately ascending between lofty and precipitous pine-covered mountains, separated by the river or *gave*, which rushes with impetuosity beneath, and is crossed by bridges no less than eight times in the space of three

* The Cagots are found in several of the more secluded valleys of the Pyrenees, particularly in the lateral valleys that branch from the valley of Barèges, Luchon, and Aure. So sedulously do the Cagots keep apart from the rest of their fellow-men, that one might travel through the Pyrenees without seeing an individual of the race, unless enquiry were specially directed towards them. The Cagot is known by his sallow and unhealthy countenance, his expression of stupidity, his want of vigour, and relaxed appearance, his imperfect articulation, and in many cases his disposition to goitres. From time immemorial the Cagot families have inhabited the most retired villages, and the most miserable habitations. The race has always been regarded as infamous, and the individuals of it as outcasts from the family of mankind. They are excluded from all rights of citizens; they

leagues, according as either side offered greater facility for the construction of the road, which for the greatest part of the distance is cut out of the mountain's side. In about two hours the highest point of the pass is attained, whence there is a gradual descent to the *riant* plain of Luz, surrounded by mountains in the form of an amphitheatre. This part has been compared by Ramond with the valley of the Reuss, in Switzerland, and there are certainly few scenes in Europe where the beautiful, the picturesque, and the sublime are so perfectly combined.

Bareges is about an hour's ride from Luz, by a continued ascent. The road all the way from Pierrefitte was constructed by the engineer Polard, of whose abilities it remains a standing monument; the difficulties he had to encounter having appeared to others to be insurmountable. Some parts between Luz and Barèges are very steep, and are not unfrequently carried away by the torrent or by avalanches. On ascending, the gorge narrows, vegetation becomes more scanty

are not permitted to have arms, nor to exercise any other trade than that of wood-cutters. And in more remote times they were obliged to wear upon their breasts a red mark, the sign of their degradation; so far, indeed, was the aversion to this unfortunate people carried, that they entered the churches by a separate door, and occupied seats allotted to the rejected caste. The persecutions have long ceased, and time and its attendant improvements have diminished the prejudices, and weakened the feelings of aversion, with which they were formerly regarded. But they are still the race of Cagots; still a separate family; still outcasts; still a people who are evidently no kindred of those who live around them; but the remnant of a different and more ancient family.—*Inglis, South of France and the Pyrenees.*

and disappears, though here and there, high up on the mountains, patches of land are still cultivated by the peasantry. On approaching Barèges, however, the desolation appears to be complete; not a tree is to be seen, and huge masses of stone, brought down by the avalanches, lie scattered about in all directions. The road extends no further than Barèges, there being merely a path across the Tourmalet to Bagnères de Bigorre. In fact, no spot would seem to be less calculated for the situation of a bath than Barèges, which consists of a single street on the acclivity of the mountain, with the impetuous *Gave de Bastan* foaming beneath. For nine months in the year the place is deserted, being left in the keeping of about twenty men, who pass the winter there to prevent its being occupied by the wolves, which not unfrequently take up their abode in the houses. As it frequently happens that the winter occupants are completely shut out from any intercourse with the valley by the snow, they are obliged to lay in a stock of provisions and fuel for three or four months, and on the return of fine weather, assisted by others from below, begin to clear the road, and ascertain the damage that has been effected; as many of the houses are every year carried away by the torrent, or overwhelmed by the avalanches. At the time of my visit, in May, numerous workmen were employed in digging away the snow beneath which several houses were buried, and in getting the place a little in order for the season, which begins about the middle of June, from which period till September it is crowded with invalids, who certainly would not resort thither for pleasure, unless they had learned from

experience the efficacy of its mineral springs. Thus here, every year, is practically contradicted the opinion of those, who, knowing little of the power of these agents, consider that the benefit which persons derive from a visit to a mineral spring is attributable to the accessory circumstances, as change of air, the *agrémens* of the place, the beauties of scenery, &c. These have, no doubt, considerable influence on many slight ailments, but would have very little in such cases as are usually sent to Barèges.

In the centre of the street is a small square, on one side of which are the baths, on the other a military hospital, supported by government, for wounded soldiers, the number of which amounts to about four hundred; that of the visiters being about eight hundred, or a thousand, almost all of them invalids, and many who are not able to walk, or hardly to get about on crutches. There is only one table d'hôte, and each party is served separately from a traiteur's; nor is there any society, and, as may be supposed, the climate is bad enough, so that existence in the place for several successive weeks would be unbearable, were it not for the benefit anticipated and experienced from the springs. In the bathing establishment there are sixteen private baths; but most of the patients bathe in the piscinæ or public basins. Douches are a good deal used, the water falling from a height of five or six feet from reservoirs through tubes about as thick as a man's forearm. The piscina for the hospital patients—but in which several visiters likewise bathe —is an oblong vaulted chamber with stone walls; the water is about three feet deep, and flows into the bath

through a wooden trough, beneath which those who require the douche hold the affected part. About sixteen persons can bathe at the same time. The springs *la Douche*, *la Temperée*, and *Polard*, are the most used; the temperature of the former is 44 degrees, that of the second 33 degrees, R., and about 30 degrees in the piscinæ, which are badly ventilated, and filled with vapour, which induces copious perspiration. There is likewise a piscina for indigent patients. The average number of baths required by patients is from thirty to forty. Though the springs are almost exclusively used for bathing, there is one drinking spring. They are strongly sulphurous, and more energetic in their action than any others in the Pyrenees; but they do not emit so disagreeable a smell as others of the same class, which contain a large proportion of sulphuretted hydrogen, as in these the sulphur exists principally in the form of sulphuret of soda. The cases in which they are most efficacious are scrofulous diseases of joints and other enlargements, rheumatic and paralytic affections, old ulcers and wounds, especially when there are foreign substances, as bullets, pieces of clothing, &c., lodged in the body (the expulsion of which not unfrequently takes place during the course); and some eruptions on the skin.

St. Sauveur lies on the side of the mountain immediately opposite to Luz, from which it is not more than half a mile distant. It is built on the edge of a wide and deep ravine, the sides of which are clothed with brushwood, and between which the *Gave* makes its way with impetuosity three hundred feet below. A neat stone bridge has within the last few years been

constructed across the ravine, whence a winding road leads up to the bath. At the widest part of the street stands, on the one side, the church; on the other, immediately overlooking the ravine, is the handsome bathing establishment, with sixteen cabinets, and a drinking fountain. There are two springs, or rather one spring having two outlets; the temperature being twenty-eight and thirty-three degrees. It is much less sulphurous than that of Barèges, and is sometimes recommended preparatory to the stronger springs, but is more particularly applicable to nervous affections, and other cases peculiar to ladies. Not more than from two to three hundred persons can be accommodated at the same time; the want of room, consequently, renders living and lodgings dearer than at most of the other baths. There is little or no general society, and yet there are few places where those who delight in the beauties of scenery, and in a romantic country, could pass a few weeks in the summer more to their satisfaction. Tractable and well-conditioned mountain ponies are here, as at the other baths of the Pyrenees, always at the visiter's command.

The most frequented of the excursions in the environs, which no visiter who is able omits to make, is the celebrated cascade of Gavarnie, and the Cirque de Marboré, to which, however, there is merely a horse road. After crossing the ravine at St. Sauveur, you enter a defile between steep and sombre mountains, the sides of which are plentifully covered with brushwood, their summits clothed with pine-trees, and which, separated at their base by the torrent, gradually recede from each other in proportion as they become

higher, the path being cut sometimes on one side, sometimes on the other. While standing on the first bridge, a considerable height above the foaming torrent, I was strongly reminded of the similarity of the scenery to that of some of the finest parts of the Via Mala in the Grisons. Several waterfalls—which are rare in the Pyrenees—add to the interest of the ride. In about another hour you emerge from the defile upon the beautiful valley of Pragnères, which, with the numerous cottages and *chalets* on the sides of the hills, its flocks of sheep and goats tended by peasant girls, its cultivated fields and meadows, where

> "Flowers fresh in hue, and many in their dyes,
> Implore the pausing step,"

strongly contrasts with the wild scenery which you have just quitted, and are again about to behold. Beyond the village of Gedro, the mountains again approach close to each other; vegetation becomes more and more scanty, and at last disappears altogether. You now enter upon the district aptly termed Chaos, where desolation reigns supreme, which is heightened by enormous masses of rock (several being as large as a good-sized house), scattered about pell-mell, one above another, for a considerable distance, the path winding between them, and being frequently hidden from the view. The bed of the Gave being also completely encumbered, the water is turned from its course, and, flowing over these masses, falls in numerous cascades, which add greatly to the interest of the scene.

How and when the mountain fell which occasioned

this devastation is unknown, though traditions are not wanting respecting the occurrence.

Altogether the scene is of such an interesting and peculiar kind, that it must be seen to be appreciated. On approaching Gavarnie, the country has the same wild and sombre aspect, several mountain *pics* are constantly visible, and, at one part of the road, a view is obtained of the *Cirque;* as also, at an elevation of some thousands of feet, of the perpendicular rocky barrier separating France from Spain, with the cleft-like aperture, which, however, is three hundred feet wide, termed the *Brèche de Roland*, from the tradition that this *preux chevalier* made the said breach with his good sword.

From Gavarnie the *Cirque* is seen to great advantage, and appears to be quite close; but an hour's ride is still required before you find yourself at its entrance. Description would be totally inadequate to give a correct idea of this wonder of nature (even if lengthened description were here admissible), I shall therefore merely content myself with stating, that this celebrated circle is an almost perpendicular wall of yellowish rock, having the appearance of marble, some hundreds of feet high, extending in a semicircular form, so as to enclose an area of four miles. In the centre are several ridges, rising one above another, over which a sheet of water falls, forming the cascade (though at the time of my visit it was frozen, presenting the appearance of extensive sheets of snow).

Those desirous of ascending to the Brèche de Roland, and passing through it into Spain, may find trusty guides at the village of Gavarnie.

A wide and well-constructed road leads by a gradual ascent from Pierrefitte, at the extremity of the vale of Argeles, to Cauterets, passing at first through a beautifully-wooded dell, between lofty pine-covered mountains, and afterwards through a more wild and sterile district, with scarcely any signs of cultivation.

This celebrated watering-place lies in the secluded valley of Lavedan, surrounded by scenery of the most romantic kind. It chiefly consists in a single street, which widens out into a square. The resident population amounts to about fifteen hundred, and two thousand visiters could be accommodated in the season, during which period it is generally thronged, especially by the Parisians, with whom it is a favourite summer retreat. Apartments are, consequently, often exceedingly difficult to be obtained, and are mostly very dear. In the square is the Hôtel du Cercle, where there are public rooms for *réunions;* but there is little general association among the visiters, so that a stranger who does not possess resources within himself would, notwithstanding the magnificence of the scenery, find Cauterets but a dull residence. There are two or three tables d'hôte, but they are not well attended. Cauterets has not the advantage of shaded walks (the only rows of trees being in an enclosure behind the town, which serves for a promenade), and, from its being surrounded by lofty peaked mountains, the summits of which are covered with perpetual snow, the reflection of the sun's rays must be at times severely felt, notwithstanding its elevated position; and what must be a great inconvenience to invalids, the bathing establishments, with

are of the most part protected from the action of the water by stones planted for the purpose. Hills are in several places pierced to admit its passage. One of these grottoes, termed Malpas, is 170 metres long, 25 feet wide and 20 high, the sides and roofs being built of solid masonry. The canal is crossed by more than two hundred and fifty bridge aqueducts. The boats are drawn by horses, at the rate of six miles an hour, but, on account of the delays at the numerous locks, thirty-six hours are required to perform the journey from Cette to Toulouse, so that—though this mode of travelling may be less fatiguing—the land route through Beziers is much more expeditious. The country through which the canal passes no longer presents the aridity of Provence, but is rich, fertile, and in many parts highly picturesque. At Carcasonne, the snow-tipped summits of the highest of the Pyrenees first burst into view; and on approaching Toulouse, the white range becomes more distinctly visible.

Toulouse, the ancient city of song and troubadour, is said to have existed before the foundation of Rome. It lies in a beautiful and fertile plain on the right bank of the Garonne, crossed by a handsome bridge of [illegible]. The population amounts to 60,000. The streets are narrow, thronged, and noisy; several of the squares are handsome, and decorated in a showy style. There are two or three fine squares, the Place Royale and especially the Place du Capitole, [illegible] is entirely taken up by the Hôtel de Ville. The front of this building is a [illegible]

Previous to taking leave of the Pyrenees, I will subjoin a few remarks on the peasantry, from the work of Mr. Inglis, which I have already quoted :—

"The inhabitant of the Pyrenean valley is in every thing more primitive than the Alpine mountaineer. In his nourishment and dress he retains the pastoral simplicity, and, I might add, in his morals too. Bread of rye or barley, and milk, and a sort of paste made of Indian corn, are the habitual diet of the Pyrenean peasant; and those who are in comparatively easy circumstances salt some kid's flesh, and sometimes a pig, for high days and holidays. In comparison with the comforts which a peasant of the Grindelwald or the Grisons draws around him, those of the Pyrenean peasant scarcely raise him above the grade of a needy man; for not only are the articles of his subsistence of the simplest kind, but even in the quantity of these he is limited.

"In the dress of the Pyrenean peasant of both sexes, the usages of Spain have been adopted. The men cover their heads with a small bonnet, and their bodies with a large cloak, which descends to the very feet. The women throughout all the Pyrenean valleys are clothed in the same way as at Tarbes; they either wear the capulet or short hood of scarlet, or the capuchin, a cloak of black, both thrown over the head and shoulders, and most commonly they have sandals upon the feet, excepting in the mountains, where the peasant generally walks with naked feet. The mountaineers of the Pyrenees are a handsomer race than the Alpine peasantry, but the dress of the former is less adapted to display the figure.

"That besetting sin of the Swiss—greed, I have never found among the Pyrenees. The intercourse of the mountaineer with strangers has hitherto been too limited to dull his natural feelings of justice, kindness, and generosity; and I have generally found it difficult to prevail upon an inhabitant of a Pyrenean cabin, poor as he is, to accept any remuneration for his hospitalities. Crime of every description is rare in the Pyrenees, theft is very unfrequent, and murder altogether unknown. No traveller need hesitate to traverse every part of the French Pyrenees alone and unarmed."

Supplementary Note on the Climates of France.

By M. Ch. Martius.*

In Europe climates are divided into the marine and equable, and the continental and extreme. The former are characterised by mild winters followed by summers without excessive heat; the latter by severe winters, to which succeed burning summers. Norway, Denmark, Brittany, have a climate essentially marine. Continental Europe, comprising Hungary, Austria, Poland, Central Russia, are subject to the influence of an extreme climate. Considered with reference to their absolute temperature, European climates may be divided into the cold or oceanic, and the warm or mediterranean—the former prevails in all countries north of the Mediterranean, the latter in lands bordering upon that sea.

* In the "Annuaire Meteorologique de la France," pour 1850.

A marine climate is characterised by great equability of temperature, mild winters, summers without heat, an habitually humid atmosphere, the predominance of autumnal rains and western winds; whereas in continental countries the reverse as to temperature obtains, the rains are more abundant in summer than in autumn, and cold dry winds very often blow from points of the horizon comprised between the north-west and the north-east.

The climates of France may be stated to be five in number, viz., the north-east or Vosgian, the north-west or Sequanian, the south-west or Girondin, the south-east or Rhodanian, and the Mediterranean or Provençal.

In no other region than the Rhodanian is the annual quantity of rain so considerable (Dijon, Maçon, Lyons); a third part of the whole falls in autumn. The south-west winds do not prevail along the course of the Saone and the Rhone, as in the rest of France; it is the north which predominates, and next to this the south, then the north-west. These rivers overflow their banks after the prevalence of south-easterly winds. In no other region are storms more frequent. At Maçon, the number of days in the year on which thunder is heard, is estimated at twenty, at Lyons even more. This frequency arises from the neighbourhood of the French Alps, and from the mountains circumscribing the Rhone.

The traveller who descends the river from Lyons to Marseilles, does not at first perceive any change in the aspect of the country. But after having passed Pont St. Esprit, the Rhone is suddenly enclosed between

hills, which rise like walls from the banks. These are the pillars of Hercules, between the northern and southern climates. When the boat has passed through this gorge, all is changed. Nature presents herself in a new garb to the astonished traveller—barren calcareous mountains; buildings presenting the yellow and light appearance of the south; olive-trees, with their grey foliage; dark cypresses, with clearly-defined outline against the sky—a landscape of Greece or of Italy. Provence is a portion detached from the rest of France, and cast upon the northern shore of the Mediterranean. Protected by a mountainous circle against northern winds, and descending by successive gradations towards the sea, it enjoys a higher temperature than the more southern provinces bordering upon the Pyrenees. To the east the Provençal climate becomes insensibly confounded with the still milder climate which is enjoyed by the shores of Liguria, designated by the name of the Riviera of Genoa.

The mean annual temperature is more elevated in this portion than in any other in France; it attains nearly 15°. The summers are hotter, and the winters warmer than in the Girondin districts. The neighbourhood of the sea tempers the summer heats, the thermometer does not rise so high in proportion as in the north of France, but the heat lasts longer, and the mean of summer is nowhere below 21°. The annual quantity of rain is not greater than in other parts of France, but its distribution as respects the seasons is very characteristic. Almost one-half falls in autumn, the other half in winter and spring; summer is therefore excessively dry. The autumnal rains being very

abundant, the number of rainy days is much less than in any other region. At Marseilles it is 59 in the year; at Montpelier, 67; at Nice, 52. Storms are not common, but are very violent, and occur mostly in the spring and in summer.

The climate of Provence is the best in France; it would be the most agreeable and the most healthy, were it not for the north-west (*mistral*), which blows with extreme violence in all the valley of the Rhone. This wind was unknown in the time of Julius Cæsar, who represents Provence as a country covered with forests. After an inconsiderate destruction of the trees clothing the plains and the hills of the country adjacent to the delta of the Rhone, this impetuous wind was first experienced. The mechanism of its formation is as follows:—When the denuded crests of the mountains, and the pebbly plains, become heated by the sun's rays, the air in contact with them, being likewise heated, dilates and rises into the higher regions, like that from a chimney where a strong fire is burning. Then the colder and heavier air which surrounds the snowy summits of the Alps, precipitates itself as an aerial torrent to fill up the partial void which had been occasioned by the ascent of the lower stratum of air. Were the country covered anew with forests, the causes productive of the *mistral* would be in great measure removed.

There is in Provence a privileged district extending from Hyères to Nice. Situate at the base of the Alps, removed from the course of the *mistral*, it enjoys a milder climate than that of Rome or Naples. It is there that persons with delicate chests go to seek the mild

atmosphere, the constant temperature, the calm existence, which retards the progress of the most inexorable of diseases, and would sometimes arrest them, if neglect or a fatal blindness, did not prevent patients from seeking in time a possible cure, or divert their choice to less favourable localities. At Nice the mean temperature of water is 9°.3 ; which is that of spring at Geneva, and almost that of the month of April at Paris. This temperature rises but little during the months of March and April ; thus it may be said, strictly speaking, the seasons at Nice are reduced to three—spring, summer, autumn.

The climate produces corresponding effects upon the physical and moral qualities of the inhabitants, often exhibiting the most singular contrasts. To mild and amiable manners, succeed suddenly when the passions are aroused, incredible rage and violence ; a most expansive frankness in the intercourse of life, is combined with a sharpness and an extreme reserve when the interest comes into play. Their persistence in political or religious faith equals that of the inhabitants of Brittany, differing only from it by a decided leaning towards extreme opinions. The Protestant of the Cevennes is still ready to die in defence of his belief, and the Catholic has as yet lost none of his fervour. At the present day, when progressing civilisation is effacing the distinctive characteristics of populations, the contrast between the French of the north and of the south becomes less and less perceptible. But at the close of the last century, the Provençals constituted, among the great French family, a tribe as exceptional as their climate."

ITALY.

CHAPTER V.

NICE AND ITS CLIMATE—THE CORNICE ROAD—MENTONE—GENOA AND ITS CLIMATE.

Having passed Antibes (two hours' drive from Cannes), the frontier town, strongly fortified, but containing nothing worthy of note, the traveller soon after crosses the bed of the river Var (which divides France from Piedmont) by a long wooden bridge; at each extremity is the respective custom-house. These slight ordeals being passed, Nice is soon perceived, and appears to great advantage on approaching from this side. Its white houses and clear blue sky form a beautiful contrast with the olive-covered hills and dusky mountains by which it is surrounded on the land side; while on the south nothing is seen but the blue waters of the Mediterranean, dotted here and there with small coasting vessels, which, with their broad lateen sails glittering in the sun, add to the picturesqueness of the scene. The greater part of the town is separated from the port by a rocky hill, rising precipitously from the sea, and surmounted by the ruins of a fort. A parapeted road

forms the principal means of communication between the two parts. The Place Victoire, a spacious square, and a range of new houses, lie to the north of the port—the old town and the new streets to the west. The streets of the old town are dirty, crowded with shops, and, with one or two exceptions, are scarcely wide enough to admit the passage of a carriage. The Corso, a promenade shaded by trees, and the streets in its neighbourhood, contain some good houses, which have a sea view, and are let to strangers in the winter.

A long range of low buildings, consisting of shops and cafés, stands between the Corso and the sea. Their flat roofs constitute a spacious terrace—extending from the Castle-hill to the Boulevard du Midi (a handsome range of houses, with a terrace fronting the sea), which is the usual afternoon promenade. A river, or rather the dry bed of a river (the Paglione), which is sometimes filled by the waters from the mountains after heavy rains, forms the limits of the town on the west. The houses on the quay near the Pont Neuf are among those most sought after—here are also the principal hotels. Beyond this quarter is the suburb of the Croix de Marbre (so called from the large marble cross placed upon the spot, to commemorate the meeting of Charles V., Francis I., and Pope Alexander), which extends along the shore for a considerable distance west of the town, and contains several handsome houses, to most of which a large orange garden is attached. A walk extends along the beach, close to the garden wall.

The environs of Nice are delightful; the soil is extremely rich in vegetable productions; various kinds of flowers, the olive, pomegranate, lemon, orange, almond,

and fig, grow luxuriantly, and some spots almost realize the poet's description of an enchanted garden—

"Vaghi boschetti di soavi allori,
D'ulivi e d'amenissime mirtelli,
Cedri ed arrancie ch'avean frutti e fiori,
Conteste in varie forme e tutte belle;"

The termination of the stanza, however,

"E tra i rami con sicuri voli
Cantando se ne giano i rossignuoli,"

is not so applicable, as the Nissards amuse themselves by shooting all the small birds in their neighbourhood.

From the top of the hill a delightful prospect presents itself of Nice, with its numerous orange gardens, villas, and olive-clad hills; its beautiful bay, and the lofty mountains by which it is sheltered from the north, and to which it owes its advantage of climate; while immediately beneath, the houses of the old town, thickly clustered together, form a striking contrast with the beauties of earth, sea, and sky, by which they are surrounded.

Exclusive of the military, the town contains a population of 35,000 souls, consisting, for the most part, of government employés, lodging-house keepers, fishermen, and others connected with the port. The peasantry are extremely poor, but hard-working and honest; the women of the lower class do not possess the

"Dono infelice di bellezza,"

being for the most part dark-complexioned and coarse-featured, which is mainly caused by their working constantly exposed to the sun, by the mode of wearing the hair

tied up on the back of the head so as to expose the forehead, and by the head being indifferently protected by round Chinese-looking hats, and even these are frequently not worn while pursuing their out-door avocations.

The town itself does not present many resources for amusement. There is a tolerable theatre, where Operas and Vaudevilles are performed; pic-nics in the environs, even in the depth of winter, dinners, and evening parties, are frequent among the visiters. The Church of England service is performed by the resident clergyman in a neat chapel erected in the Croix de Marbre—adjoining which is the cemetery, planted with cypress and other evergreens. The chief carriage drives are along the Paglione to St. André, the Turin, Genoa, and Var roads. Excursions are also frequently made among the hills and valleys on donkey or on horse back. One of the pleasantest rides is to the convent of Cimiez, situate on an eminence overlooking the Paglione, and commanding a good view of Nice. The convent itself forms one of the most prominent features in the scene, on looking up the valley from the town. St. Poris, St. Barthélemi, and St. André, are likewise beautifully situate.

Villefranche is another delightful spot, lying to the eastward of Nice, from which it is separated by a steep hill. It possesses a spacious harbour, sheltered on all sides, which can admit the largest vessels. The little dirty town is almost surrounded by olive-covered hills, which rise steeply above it to a considerable height. From Villefranche a delightful path, overlooking the sea, and bordered by olive-trees, myrtle, and other shrubs, leads to L'Ospizio, situated at the extremity of

the tongue of land which forms one side of the harbour, whence one may enjoy a charming prospect of several miles of rocky coast—

> " Indi i monti ligustici e riviera
> Che con arancie, e sempre verde mirti
> Quasi avendo perpetua primavera
> Spargon per l'aria i bene olenti spirti."

Nice has long been resorted to by invalids for the sake of its winter climate, which differs materially from that of Provence and the south of France, inasmuch as it is sheltered from the *vent de bise*, or mistral, by the Maritime Alps on the north and north-east, and by the Estrelles, which terminate at the sea, on the west; but still it is liable to cold winds, and the atmospherical transitions, which render a residence in the south of Europe dangerous to invalids; hence much discrimination is required in the selection of the cases likely to be benefited by its climate, as well as the proper period of residing there. The rainy season is generally over at the time when strangers begin to arrive, and the months of November, December, and January are usually fine and warm, the temperature of the air being seldom lower than 45 degrees in the daytime, and sometimes as high as 60 degrees in the shade. The sky is mostly cloudless, of a deep blue colour, and the sun is often extremely powerful in the middle of the day, when the Nissards usually remain within doors. The atmosphere is light, dry, and exciting, and is consequently suited to individuals of a torpid or relaxed habit. Cold winds sometimes occur in these months, but are most severely felt in the spring, when they

blow sharply from the east over the mountains, at that period covered with snow. In the spring also the sun acquires great power, rendering the climate extremely trying to invalids, especially to those labouring under disease of the lungs or of the air-passages.

Nice frequently disagrees with healthy persons of an irritable or plethoric habit, inducing headache, or derangement of the digestive organs. The diet, both of those in health and invalids, will require particular attention, as several articles which agree very well in England not unfrequently disagree with people at Nice. Wine, in particular, should be taken very sparingly. Those who remain during the spring should avoid exposure to the sun's rays, by remaining in-doors in the middle of the day, or by carrying an umbrella, as there are no shady walks in the immediate neighbourhood of the town. Invalids should likewise avoid being out at sunset, as there generally arises an exhalation from the earth at that hour.*

The distance from Nice to Genoa is about a hundred and twenty miles, by the beautiful road along the coast, first opened about sixteen years ago, and ever since much frequented, both on account of its magnificent scenery, and also from being the only way travellers can conveniently pass by land between Italy and the north, when the Alpine passes are blocked up with the snow. The posting is well served. The road, although at some parts extremely narrow, and indifferently de-

* Those desirous of detailed information respecting Nice, its environs, and climate, may refer to my work, "Nice et son Climat." Bailliere.

fended by parapets, is for the most part good, and, as well as the accommodations at the inns, is much improved within the last few years. It is not often obstructed by snow; but after heavy rains, which fill the beds of the mountain torrents through which it passes, the communication is sometimes interrupted for a day or two. As the scenic beauties of this route have been dwelt upon by abler pens, I shall abstain from description, and content myself with briefly mentioning some of its most interesting spots.

The road is for the most part cut, at elevations varying from one to fifteen hundred feet, out of the side of mountains which rise steeply from the sea, frequently descending to pass through towns on the shore, winding round beautiful inlets, or crossing some projecting headland, and at some parts it is hewn for several miles out of perpendicular rocks, which also, in two or three places, are excavated in grottoes for its passage. On leaving Nice, you begin to ascend hills, round which the road winds for three or four miles inland. At an elevation of about fifteen hundred feet, the sea again comes into view, and you perceive beneath the harbour of Villa Franca, with the picturesque peninsula of Ospizio. After a drive of a few miles, you descend to Mentone, in the principality of Monaco, through olive and orange plantations. This town consists chiefly of a long street on the high-road (inhabited for the most part by artisans), and of houses built on the acclivity of the hill. Though highly favoured as respects the beauty of its position, the fertility of its soil, and in being completely sheltered from cold winds, Mentone possesses but few resources to induce visiters to pro-

long their sojourn. Those, however, who require tranquillity and a mild climate, and possess their own resources, would find it a not undesirable place of abode for a few weeks, especially in the spring.

A short distance beyond Mentone, on the ascent of the hill to Ventimiglia, is the bridge St. Louis, crossing a picturesque ravine. From the summit of the hill are seen to advantage Mentone, and Monaco with its rocky promontory, on the one hand; on the other, St. Remo, Porto Maurizio, and numerous villages nestling at the base of precipitous cliffs on the shore. Most of the towns, however, which, from the whiteness of their houses, produce a good effect when seen at a distance, are found, on a nearer approach, to belie the impression created by their first appearance. Oneglia is a town of some importance (twelve hours distant from Nice), whence there is a road to Turin, traversed by a diligence, avoiding the mountains. On leaving this town, the traveller ascends a steep hill; on ascending the summit, a turn of the road suddenly displays to view the magnificent bay of Alassio, with numerous towns and villages skirting the shore. A small island in the bay adds to the beauty of the scene. The views in the neighbourhood of Loano and Albenga are strikingly fine—the bold and rugged mountainous semicircle contrasting agreeably with the fertility of the plain in which Albenga lies. The next town of any consequence is Finale, the approach to which is by a tunnel, pierced through the base of a rocky mountain rising precipitously from the sea, over which the road formerly passed. On advancing from Finale, the scenery increases in interest. At Noli, the gulf of Genoa, backed

by a semicircle of lofty mountains, with numerous towns along the coast, and the city itself—

"Che al mar le sponde, il dorso ai monti,
Occupa tutta, e tutta a cerchio adorna"—

burst upon the view, exhibiting a scene unequalled in magnificence. From Savona, the road is carried along the seashore, and, on approaching the city, is skirted with beautiful villas and gardens. You then pass through a long suburb, and, on arriving at the light-house, see displayed before you the harbour filled with shipping, and encircled by hills, thickly covered with palaces and villas, together with the range of fortifications carried for some miles along the heights.

The entrance by the Strada Balbi, a wide street of lofty marble palaces, is strikingly fine. The Strada Nuova and the Strada Novissima are a continuation of the Balbi, and contain the splendid palaces of the ancient Genoese nobility, forming perhaps the finest streets in Europe. These, however, are almost the only ones in which carriages can pass; the rest of the town consisting chiefly of narrow passages or alleys between lofty houses, descending to the port, and thronged with pedestrians, and the mules which carry about articles of consumption. Several of these wynds are lined with rich shops, especially the Goldsmiths' street, in which a brilliant display is made of gold and silver chains and filigree work, for which the Genoese are celebrated. The manufactories of velvets likewise employ a good many of the inhabitants; the velvets are, however, inferior to those of Lyons. Gold articles are sold by the weight, a fixed price being added for the manufacture.

Most of the palaces are built around spacious courtyards: some of them are decorated externally with fresco painting, especially those near the Piazza delle Fontane Amorose. The most remarkable are the Palazzi Durazzo, Pallavicini, Brignoli, and Serra, the latter containing a saloon, said to be the richest in Europe with respect to gilding. There are two Palazzi Durazzo; one is now the royal palace, and formerly contained a rich collection of pictures, which has been for the most part transferred by the king to Turin. The celebrated picture by Paul Veronese, of the Magdalen and our Saviour in the house of the Pharisee, went with the others. A few, however, still remain, of which a crucifixion, by Vandyck; a Carmelite friar, by Spagnoletto; and a portrait, by Rembrandt, are among the best. The palace Filippo Durazzo contains among its collection the Tribute Money, by Guercino; Grecian Charity, a Sibyl, and a Sleeping Cupid, by Guido; some portraits, by Vandyck; and Philip of Spain, by Rubens. In the Brignoli are some fine family portraits by Vandyck, especially a Marquis Brignoli on horseback; Christ driving the Buyers and Sellers from the Temple, by Guercino; the Madonna, Saviour, and St. John, by the same painter; as also a fine Cleopatra, and the Assumption, by Correggio.

The Doria Palace fronts the harbour, and forms a prominent feature in the view from the sea; it is now, however, untenanted, and in a neglected state. The port is, perhaps, the most spacious in the Mediterranean. A magnificent marble terrace, extending the whole length of the houses, and overlooking the harbour, has just been completed.

Compared with those of Rome and Venice, the churches of Genoa are not remarkable for exterior beauty or interior decoration. The best worth visiting are the cathedral, St. Annunciata, and St. Maria Carignano; from the summit of the latter there is a good view of the town, port, and of the sea. The Albergo dei Poveri, a workhouse on a large scale, is a fine establishment. Visiters are admitted to see the various works in progress. The hospital Pamatone is an extensive building: the staircase and some of the wards are adorned with statues, larger than life, of some of the Genoese nobles, and others, who have been benefactors to the establishment.

The Opera-house is a handsome structure, and the *corps dramatique* tolerably good.

Genoa, and the numerous villas covering the hills around it, are seen to the greatest advantage from the entrance to the harbour. The view is superb, and second only to that of the bay of Naples. A good view of the city and harbour may also be enjoyed from the garden of the Villa Negri. In some of the arbours mirrors are placed so as to reflect the objects beneath, which produces a pleasing effect. The Genoese are mostly good-looking; several of the women are handsome, and wear long veils, resembling the Spanish mantilla, fastened to their hair with gold or silver pins; but French fashions have now very generally superseded this becoming costume. The higher classes possess, for the most part, but scanty information, few being addicted to intellectual pursuits, and appear to care for little else than the pleasures of the hour. There is but little society, and not much inducement

for the majority of travellers to make a prolonged sojourn. Genoa is likewise deficient in promenades; that at the upper part of the town is extremely circumscribed in extent, but commands a good view of the bay and environs.

The climate is one of the worst in Italy; there is often much rain in winter. The changes of temperature are great and sudden, the hills behind the town not being sufficiently high to shelter it from the north and east winds, which blow down with considerable force from the higher mountains.—For a somewhat more detailed account of the climate, my work on Nice may be referred to.

Steamboats leave for Leghorn, Civita Vecchia, &c., three or four times a week; the voyage to the former town occupying eight or nine hours; that to Marseilles, twenty or twenty-four; to Nice ten hours. Railroad communication is nearly completed between Genoa and Turin. The courier leaves daily for Pietro-Santo, whence there are carriages in readiness for Pisa or Lucca.

Between Genoa and Chiavari, the scenery resembles that on the Savona side. Beyond Recco, at the top of the hill, the road passes through a path whence there is a splendid view of the bay, encircled by mountains. Before arriving at Chiavari, two other grottoes (cut through rocks of marble, and within fifty yards of each other) are passed, the intermediate part being built up with masonry. Chiavari is a pretty town on the shore, having a population of 4000 inhabitants. About four miles further on lies Lestri, in a charming position, close to the sea, and a good halting-place. Beyond

this, the road winds inland, and crossing the Bracco, the highest pass of the Appenines, descends to Borghetto, a poor-looking town, whence a level country is traversed as far as the hill above Spezzia, from which point the magnificent bay, one of the finest natural harbours in the world, encircled by high mountains, is seen expanded beneath, forming a *coup d'œil* rarely equalled in beauty. Leaving Spezzia, the traveller is ferried across the Magra, which after heavy rains frequently overflows its wide bed so as to interrupt the communication, and arrives at Sarzana, the last town on the Genoese territory.*

* A bridge is projected across the Magra. A steamboat is likewise talked of from Genoa to the bay of Spezzia, to perform the journey within a short distance of Sarzana, in four hours.

CHAPTER VI.

BATHS OF LUCCA—PISA AND ITS CLIMATE—LEGHORN—THE MAREMMA—BATHS OF MONTE CATINI.

AFTER a few miles' drive along a plain, passing the Modenese custom-house, the traveller arrives at Carrara, which lies at the foot of a steep hill in a picturesque position, enclosed by sterile mountains with snow-tipped summits, and is celebrated for the marble quarries which supply the studii of Rome and Florence with the *materiel* whence emanate those creations of the chisel which excite the admiration of the spectator. A good deal of the marble is likewise worked on the spot, in chimney-pieces and other decorative objects. The studii on the road-side are often visited *en passant.* Crossing the hill, whence an extensive tract of country is displayed, the traveller descends to Massa, the environs of which, abounding in vines, oranges, &c., constitute a complete garden. The town itself contains nothing remarkable except the ducal palace, a large structure in the square. The climate is mild, but no other inducement is offered for the sojourn of strangers. Some miles farther on, Tuscany is entered at Pietro-Santo (leaving Viareggio, a place of resort in summer for sea-bathing, on the right), and, crossing another steep hill, the fertile plain is traversed which extends to Lucca.

This town, enclosed by ramparts, doubtless merited the title of *L'Industriosa*. Its streets are clean, regularly built, and paved with flag-stones; they have now, however, a deserted appearance, the population not being in proportion to the size of the town. The palace is a handsome edifice, fitted up with taste, but, since the junction of the duchy of Lucca to Tuscany, it has been untenanted. A railroad to Florence through Pistoia and Prato, is nearly completed. The *trajet* by rail to Pisa occupies about half an hour. The *Luccheese* have the reputation of being good-tempered, courteous, and also moral, as compared with the inhabitants of some other parts of Italy.

The baths of Lucca are about fourteen miles from the town, and are much resorted to in the summer; this being one of the coolest spots in Italy, and free from mosquitoes. They are situated in an elevated and pleasant valley, near the highest ridge of the principal Appenine range, on the little river Lima, a tributary of the Serchio—and are divided into three parts or separate villages. The Ponte Seraglio, and the Bagni alla Villa, occupy the bank of the river about a mile distant from each other, and are connected by a good carriage road, bordered by chestnut trees—the Bagni Caldi are situate at a considerable elevation on the brow of the hill overlooking the Ponte Seraglio; and this, though less fashionable, is perhaps the best situation for invalids, being cooler than the valley in the day, and exempt from the humidity which often prevails there at night.

As this is the most frequented summer residence of English visiters remaining in Italy, a more detailed ac-

count from the local guide, published by an Englishman a few years ago, may not be unacceptable. "The plan of the valley of the baths is something of the form of a horseshoe, having in its interior the three villages, and the mountain on which stands the Croce di Ferro. Turning the sharp bend which the road takes on arriving, the traveller is struck by the position of the contiguous mountains on the right, which descends with but a few degrees' inclination from the perpendicular close upon the street, barely leaving room for the houses at their feet. At a glance, he perceives that he is in the bosom of a high and lofty region. Hills upon hills rise in quick succession, at every turn he makes in his progress to the Villa, apparently shutting out all chance of further passage in that direction; and, when the main village comes in sight, a wider expanse of plain is seen forming a space not unlike an amphitheatre, backed by the more elevated parts of these lower branches of the Appenines. In this plain are situated many picturesque villas and detached cottages, besides the striking old village of Corsena, all lying in a cultivated and delightful ground, spread out in variegated forms and patches. On the right, crowning the summit of a hill, is seen Benabbio, and beyond the direction of the valley appear some other villages. The population of the surrounding districts is animated and healthy; longevity is common, and families for generations past have lived together in houses built by their forefathers. Their simple manners and excellent morals present a contrast to the natives of other parts, where there is an influx of strangers; they are industrious, intelligent, orderly, and attached to religion. The climate is exceedingly tem-

perate and healthy, and is subject to none of those uncertain changes met with at many favourite watering-places. At the height of 555 feet above the level of the sea, the valley is not situated in too cold a region; at the same time it experiences a moderation of the heats known to exist in the plains below. I have never found the thermometer higher than 80 F., and this was considered unusual."

The Ponte Serraglio is divided into two parts by the Lima, over which is the stone bridge. At its extremity is the Piazza del Ponte, the most frequented place of resort, consisting of substantial houses, the lower part of which is occupied by shops and cafés—the upper portions being let in apartments. The *Cercle de Réunion*, or club; Paganini's Hotel, and further on along the river, the Hotel de l'Europe, are in this part. Beyond is the Casino, an elegant building with portico and façade, and a terrace for promenading. The road to the right of the piazza, in the direction of the villa, passes the market, the Hotels de France, and Croix de Malte, and a row of good-looking houses. This is a beautiful drive, and one of the principal promenades. On approaching the villa, the road divides into two branches; that on the left leading to the English Chapel, the Ducal Palace, and the Bagni Alla Villa; the other keeps straight on through the village. The villa is nothing more than a long street, bordered by a number of lodging-houses and shops, having excellent gardens attached to them. The first object noticed on entering, is the Hotel Pelicano; next comes the Theatre; and a few yards farther on, the Palazzo Communale. Peltini's boarding and lodging-house is also conspi-

cuous. This main road crosses the Lima by a bridge, and is continued along its left bank up the valley, towards the Fabrica di Ferro. The return to the Ponte is by a pleasant and steady road. The Strada Letizia, on the same side, forms another delightful drive, having rows of acacias along its whole distance. It passes by the English cemetery, over two furious torrents, and meets the Lucca road in the western half of the Ponte. The Casa Nicolai, the Casa Cardinali, forming one side of the piazza; Gregory's, near the chapel—are also among the principal lodging-houses. The ducal palace is a plain structure, on an elevated platform, cut out of the slope of the mountain, and charmingly placed for commanding a beautiful view of the valley before it. The English chapel is a neat building, with cypress and shrubs growing around. The service is performed by the clergyman, who does duty at Pisa in the winter. The *cercle* has a large garden pleasantly laid out. It contains an assembly room, reading, billiard, and refreshment rooms. The casino is tastefully fitted up. Balls are occasionally given at the theatre.

The springs rise from the hill, but beyond their high temperature do not possess active medical properties. There are ten sources, the principal—Bernarbo, has eight bath-rooms attached. Its temperature is 33° R. —the others, at the Bagni Caldi and Alla Villa, are less hot. The water contains sulphate of lime and magnesia, muriate of soda and maguesia, with a trace of iron. A course of the baths may be recommended in rheumatic affections, deranged digestion, and some other disordered conditions of health; but the place is princi-

pally frequented on account of it being a cool and agreeable summer retreat.

The road to Lucca winds around the base of pasture-covered mountains, the sides of which are sprinkled with numerous villages and hamlets, and is here and there bordered by avenues of acacia-trees. About three miles distant from the baths is a striking piece of ancient architecture, the Ponte del Diavolo, which crosses a narrow gorge between the mountains on either side of the river. The top of the central arch is 60 feet above the water: the breadth being but eight or ten feet. The environs of Lucca baths have been fully described by the authoress of *The Byways of Italy*—whose family has long resided there.

Pisa is fourteen miles distant from Lucca, the rail-road extending to Florence on the one side (with a branch from the Empoli station to Siena), and on the other to Leghorn, which is likewise fourteen miles distant. The plain in which the town stands is continued to the sea five miles off; some of the intervening land is at times covered with water, though of late years the means adopted for drainage have improved the salubrity of the district.

Pisa is of considerable extent, being enclosed by high walls, and is divided into two unequal parts by the Arno, which flows through it with a semicircular bend. The quays are handsome, the streets wide, clean, and, as in most towns in Tuscany, are paved with flag-stones. When Pisa was the capital of a republic, the population amounted to upwards of 150,000 ; it does not, however, now much exceed 20,000 souls, which imparts to the town a melancholy and deserted aspect. Three stone

bridges cross the river; the central one is the most usual medium of communication: its extremity on the sunny side, and the adjacent place, being the only parts which exhibit much movement. The houses extending along this quay, for about a mile and a half, are those usually let to visiters. Here are the principal hotels; Peveradas, the Victoria, and the Grand Bretagna—where families not unfrequently take up their quarters for the whole winter. Several of the churches and palaces will well repay the trouble of a visit. The little church La Spina, the architecture of which is much admired, forms a conspicuous object on the left bank of the river. Over the door of the Lanfieducci palace, has hung for upwards of a century, a chain, to which is attached a traditional account of escape from slavery. The inscription over it, "Alla Giornata," is probably indicative of hope long deferred.

The chief objects of interest, however, viz. the leaning tower, cathedral, baptistery, and Campo Santo, stand close together in a spacious place beneath the walls. The cathedral—a large edifice of black and white marble—is one of the handsomest churches in Italy. Its interior contains some good paintings; the fine gothic aisles, and general aspect, are well calculated to favour devotional feeling, and will scarcely disappoint the visiter's expectation. The bas-reliefs on the bronze doors are admirably executed, and well preserved. The lofty and elegant arcades, which enclose the quadrangular space of the Campo Santo, produce a fine effect, especially when seen by moonlight. The walls are painted over with frescoes, illustrating subjects *à la Dante*—some in a good state of preservation. Beneath the arches

are ancient sarcophagi, monumental inscriptions, finely-sculptured bassi-relievi, &c. Part of the earth is said to have been brought from Jerusalem, whence the name.

The leaning tower is an elegant circular structure, eight stories high, supported by immense marble pillars, between which a winding stair ascends to the top, whence may be obtained a good view of the town and surrounding country, as far as the sea. The tower, like other *campanili* near cathedrals, is a belfry; it declines thirteen feet from the perpendicular. The cause of this declination has given rise to much controversy; but the general opinion is, that it depends upon the foundation having given way.

There is an academy of fine arts, and a handsome theatre, where operas are given. But Pisa does not possess many resources for recreation, and is but a dull place of sojourn for those who are alone, or for families who have not many acquaintance among the Italians; in fact, few persons remain there who do not seek to derive advantage from its climate. The town and environs are but indifferently provided with promenades, with the exception of the *Cascina*—an extensive park about two miles distant—with a fine avenue of ash and poplars three miles in length. "The *bandita reale*, as this immense establishment is called," observes Valery, "draws its revenue from its woods, and the luxuriance of its prairies. More than two thousand cows are kept there, and fifteen hundred horses. But the principal curiosity of the domain is the herd of camels, whose ancestors were brought to these shores, during the Crusades, by a grand-prior of

Pisa. A score are employed in the work of the farm; more than sixty stray through the pine-forests, or along the sands that border the sea. These sands, with the sea, the camels, the purity and brightness of the sky, the solitude and silence—give this picture something oriental, novel, and poetical, which pleases the fancy and transports it to the desert."*

The university of Pisa ranks high among those of Italy. The number of students amounts to about six hundred, of which nearly one-half attend the medical classes. The lectures are delivered at the Sapienza—the lecture-rooms inclosing a spacious quadrangle. On the first floor of this edifice is the public library, containing upwards of forty thousand volumes not only of works of science, but also of general literature. It is open during the greater part of the day, and in the evening; but books are not allowed to be taken out. The hospital is on one side of the cathedral square; the general wards are spacious and lofty, but cold in winter. The clinical wards contain about a dozen beds each; examinations and discussions are held at the bedside every morning, between the professors and pupils, upon the particular cases,—a very efficient means of instruction, generally adopted on the continent, as it obliges students to exert their reasoning and reflective powers, and affords a striking contrast to the *walking the hospitals* in England.

The Certosa is an object of interest, in the neighbourhood of Pisa, though it has of late much declined from its pristine importance, as is also the case with the *chartreuses* in other localities. The mineral springs of

*Travels in Italy. Translated by Clifton.

St. Giuliano, termed also the baths of Pisa, are about five miles distant; they have a temperature of 27 to 31 degrees R. Their position is, however, highly unfavourable for a summer residence; viz., at the base of the mountains, which rise steeply on the north side, and fully exposed to the sun's influence. They are consequently but little resorted to. Pisa is in a great measure sheltered from north and east winds by the range of mountains, which rise near it to an elevation of 3000 feet. Its climate in winter is considered next to Rome, the mildest and most equable in Italy. The high walls afford likewise some protection against cold winds. The plain being fully exposed to southern winds blowing from the Mediterranean, and over marsh land, the sirocco is at times unpleasantly felt. Rain is more frequent than in most towns of Italy. The quantity has been estimated at nearly as much during the year as that which falls in Cornwall. It must, however, be borne in mind, that as the rain falls in large quantities at a time, mostly in autumn, the weather is less variable than in England, and longer periods of fine weather intervene. The number of rainy days is 100 in the year. The concave bend of the Lung' Arno concentrates the sun's rays, which even in winter and spring are at times powerfully experienced, there being a difference of several degrees between this part and others in the town less sheltered from cold. The air is not so dry as at Nice, but it is less soft and relaxing than that of Rome. The climate is not liable to great and sudden variations of temperature, like Florence, Naples, or Nice. Cold winds are, however, frequently severely felt in the more exposed quarters of the town, especially in the

earlier part of spring. The mean annual temperature is 15·84; that of winter being 7·82; spring, 14·82; summer, 23·23; autumn, 17·31.* The general temperature of Rome is somewhat higher in winter than that of Pisa; but much lower than that of the Lung' Arno. In spring, Pisa is better sheltered from cold winds than Rome; the winds most prevalent at Pisa being the best—south and south-west, which is frequently charged with moisture.

This kind of climate agrees well with patients suffering from pulmonary disease, having the character of excitability, and is therefore opposed to that of Naples or Nice, to which the more chronic forms of disease in torpid and lymphatic constitutions, or those occurring in older persons, would be better adapted. Those predisposed to phthisis, or affected with laryngeal or bronchial complaints which simulate that disease, especially if young, generally derive permanent benefit from wintering at Pisa two or three successive years if necessary; several gouty and paralytic patients, as also those labouring under the irritative forms of dyspepsia, and other disordered conditions of health, whether depending upon exhaustion, or long residence in tropical or unhealthy localities, or upon other causes, would likewise frequently derive much advantage from the climate. For those who require mental recreation and amusement, and are able to partake of it, Rome is preferable. Many, however, find Pisa agree better with them for a prolonged sojourn, than the too calm atmosphere of Rome.

The bustling port of Leghorn presents a forcible con-

* This differs but in a slight degree from the mean temperature given in the table in the Appendix.

trast to the tranquillity of Pisa. It has a population of upwards of 60,000, including the families of foreign merchants, and others not natives of Tuscany. The streets are wide and well-built, some of them being intersected by canals, as at Venice. From the spacious square a street of shops, displaying the merchandise from various countries, leads to the harbour, which is one of the most capacious and well-protected in the Mediterranean. As Leghorn is a free port, all articles of foreign importation may be obtained as reasonably as in their respective countries. Except the Jews' synagogue, and the English cemetery, there are few objects particularly worthy of notice. The climate is cold and variable in winter, and exceedingly hot in summer—at which time, on account of the neighbouring sea-marshes, it is a good deal infested with mosquitoes—several of the villas on the adjacent hills (Montenero) are, however, tolerably cool as summer residences. From the end of August to the middle of October there are usually a good many visiters at Leghorn for sea-bathing. Steamers leave four or five times a week for Civita Vecchia (fourteen hours), Naples (thirty hours), Genoa (eight or nine hours), and for Marseilles direct (about thirty hours).

Near Leghorn is a cold sulphurous spring, termed Acqua Puzzolente—where there is an establishment for bathing, and drinking the water.—It is highly spoken of in rheumatic and cutaneous affections. A road, traversed by a diligence, runs along the coast to Piombino and Grosseto, the chief town in the Tuscan Maremme; whence it is to be continued to Civita Vecchia. Although much has been done by means of drainage and

cultivation of this extensive tract of land, it is still very unhealthy in the summer months, at which period a large proportion of the inhabitants migrate to the mountainous regions, returning in the autumn. According to Professor Savi of Pisa, the malaria of the Maremma, is not occasioned solely by stagnating water on the land exposed to the sun's heat, but also from dry soil impregnated with saline principles, whenever heavy rains succeed to the summer heats. The quantity of sea-weed collected along the shores, when saturated with rain water, is likewise productive of noxious emanations; the prevalence of the siroccal wind passing over the Mediterranean; the consequent greater humidity of the air, and the drinking of impure water—are so many additional causes of the cachectic aspect of the inhabitants, and of the pernicious fevers to which they are subject.

From Leghorn to Florence, about four hours are required by rail, the road passing through the richest part of the duchy. Corn, grapes, and olives are cultivated in the same field; the vines, gracefully festooned from tree to tree, produce a pleasing effect. The soil yields two and sometimes three crops in the year. The peasantry appear cheerful; but in the towns, though no abject poverty is seen, the people are not so prosperous as before the late political disturbances of the peninsula. Many of the women in the villages are engaged in the manufacture of the straw-hats exported from Leghorn; they are mostly good-looking, and with the exception of the large, flexible, broad-brimmed straw hats, their style of dress is not unlike that of the lower classes in England.

The road from Lucca through Pistoia to Florence is likewise agreeably diversified with farms and cultivated lands; neat villages and towns. Near Pistoia are the baths of Monte Catini, which are a good deal frequented by the Florentines. The Grand Duke usually passes a portion of the season at his residence here. The baths lie in the Val di Nievole, one of the most fertile districts of Tuscany, encircled by hills, the acclivities of which are enlivened by numerous villas. There are four principal springs, each of which has its establishment for bathing and drinking. The approach to three of these, viz., Leopold, Bagno Regio, and Tettuccio, is by a fine avenue of planes and acacias. They are elegant structures, with commodious bathing cabinets, and requisite apparatus for douching, vapour baths, &c. There is an hospital for poor patients, to whose cases the waters are considered adapted. The temperature of the Leopold springs is 27° R. Between these and the Bagno Regio springs, the ground is disposed as a garden: the latter have a temperature of 20°. Adjoining is the Tettuccio spring, which is principally employed for drinking, the water being also exported. The fourth spring, Riufresca, rises a short distance from the former ones. The proportion of the saline substance differs somewhat in these various springs. This is for the most part muriate of soda, with fractional portions of other salts. As compared with the quantity contained in sea-water, the proportion may be stated as follows :—Sea-water, 394 grains in 12 oz.; Leopold springs, 144; Bagno Regio, 88; Tettuccio, 48; and the Toretta (a new spring), 108 grains. The Riufresca spring contains

about half the quantity of saline substance as the Tettuccio, and also the smallest proportion of carbonic acid gas. The amount of gas in the Leopold is twelve cubic inches in a hundred ounces of water.

The Leopold spring is chiefly employed in the form of bath, in cases of rheumatism and cutaneous diseases, as also in those of the joints, neuralgia, sciatica, and paralysis. The Bagno Regio is employed in the same class of cases, being preferred according to individual indications. The Tettuccio is mildly aperient and de-obstruent. It is used in disorders of the digestive apparatus, and is said to be highly efficacious in cases of obstinate diarrhœa and dysentery; the action of the Riufresca is alterative and cooling, whence its name. This spring has been employed since the fourteenth century.

CHAPTER VII.

FLORENCE—ITS ENVIRONS AND CLIMATE—SIENNA.

FLORENCE lies at the north-eastern extremity of the Val d'Arno, an extensive and fertile plain, enclosed between the Appenines in these directions, and opening out towards the south and west. It is a cheerful looking city, encircled by high walls, and contains about 120,000 inhabitants. The principal streets are wide, clean, and paved throughout with flag-stones. Immediately over the left bank of the river, to the east, it is bounded by the hill of St. Miniato, crowned by a church and convent. The river flows through the town and the plain to Pisa, beyond which it empties itself in the sea. The quays are spacious and handsome, and are termed, as at Pisa, the Lung' Arno. The river is crossed within the city by four stone bridges. The Santa Trinità is regarded as a model of lightness and architectural beauty, and is ornamented at its corners with statues illustrative of the seasons. The old bridge was erected in the middle of the fourteenth century—a bridge having existed at this part from the time of the ancient Romans. By a decree issued in 1594, the shops on this bridge were reserved for goldsmiths, who have continued to occupy them; their work is not, however, remarkable for fineness of

execution. Over the bridge is a corridor half a mile long, connecting the Pitti palace with the gallery. From the foot of the bridge on the right bank of the river, a street of shops (*via* Por. St. Maria) leads to the market-place, before which, however, a shorter street, diverging at right angles, terminates in the Piazza del Granducci. In this spacious square are collected the imposing mass of the Palazzo Vecchio, with its lofty characteristic tower; the elegant structure of the Loggia dei Lanzi, adjoining; the superb fountain, and colossal Neptune; the equestrian statue of Cosmo, the father of his country, presenting as an *ensemble* a novel and striking aspect.

The old palace was erected in the days of the greatest prosperity of Florence, at the close of the thirteenth century. Beneath the battlements are painted the escutcheons of its different governors, or *gonfalonieri*. One of the shields bears merely the inscription, "Libertas." On each side of the steps is a colossal statue, Hercules slaying Cacus, by Bandinelli, and David, by Michel Angelo. Around the court-yard are pillars with relievi in stucco; the walls and ceilings of the portico being ornamented with arabesques and frescoes. The great council-chamber, on the first floor, now scarcely ever used, has its ceiling and walls decorated with fresco paintings, chiefly indicative of historical events in the life of Cosmo. Around the hall are statues of Bandinelli, and Michel Angelo; the group of Adam and Eve, by the former sculptor, occupying its extremity.

The Loggia contains several fine statues. The Perseus of Benvenuto Cellini, in bronze; the Judith of

Donatello; and a group by Giovanni de Bologna, will especially attract attention. Valery observes with reference to this edifice, that it "may safely be called the finest portico in the world. From the arcades of the Loggia, the ancient rostra of Florence, the people convoked by the old palace bell were harangued; there the installation of the gonfalonier took place; the generals received the baton of command, and citizens the knightly insignia; thence the decrees of government were promulgated."

The side of the square is principally taken up by the post-office, from which a handsome new street, constantly thronged, leads to the Piazza del Duomo, containing the Cathedral, Baptistery, and Campanile or belfry. The former, termed St. Mary of the Flower (the lily which grows wild in many parts of the Vale of Arno, being the arms of Florence), was erected by Arnolfo di Lapo, the architect of the Palazzo Vecchio, and is considered to be, next to St. Peter's, the largest church in Italy. It is constructed of white and black marble; the façade is, however, still unfinished, being defaced with numerous holes for fixing the scaffolding at the time of its building. The cupola, which served as the model for St. Peter's, was erected at a subsequent period by Bramelleschi. The lofty arches and finely stained glass windows, impart to the interior a grand but somewhat sombre aspect. It contains the tombs of several distinguished individuals, as also the celebrated gnomon, which was considered by Lalande as the greatest astronomical instrument extant.

The beautiful quadrangular Campanile is built of variegated marble. From its summit may be enjoyed

one of the best views of the city; the course of the Arno, and of the semicircle of Appenines by which the plain is enclosed,

> "Monti superbi la cui fronte Alpina
> Fa di se contra i venti argine e sponde,
> Valli beate per cui d'onda in onda
> L'Arno con passo signoril cammina."

The Baptistery, or Church of St. John, contains nothing very remarkable. The finely executed bassi-relievi on its bronze doors, illustrative of scriptural subjects, are greatly admired, and are duly noted in detail by the guide-books. The most interesting, however, of the Florentine churches is the Santa Croce, likewise erected by Arnolfo di Lapo, at the close of the thirteenth century. It has been styled the Pantheon of Florence; and, though outwardly a plain-looking brick edifice, its interior, in the finest style of Gothic architecture, is well calculated to favour religious contemplation, the beautifully stained glass windows adding greatly to the effect. Along the side aisles are the tombs and monuments to the memory of several of the most illustrious men to whom Florence has given birth:—

> "Here repose
> Angelo's, Alfieri's bones, and his,
> The starry Galileo, with his woes,
> Here Machiavelli's earth return'd to whence it rose."

A handsome monument to Dante was some years ago added to the number. The adjoining cloisters form the burial-place of some of the chief Florentine families. Of the other churches, the Santa Annunciata, with its

cloisters, the Santa Maria Novella, in the square of the same name, and the San Spirito, on the opposite side of the river, are the best worth visiting. The Capella dei Medici, containing the tombs of the dukes of Tuscany, is one of the richest edifices existing. It is of an octagonal form, completely lined with variegated marbles inlaid with precious stones, designating the arms of all the Tuscan cities. The cupola is likewise celebrated for the richness of its fresco paintings. Though the works of this chapel have been in progress for two centuries, they are still unfinished.

Several good streets, among which may be specified the Via Larga, and the Via de' Servi, lead from the Piazza del Duomo northward. In the Via Larga is the English church, which, though distant from the central part of the town, is neatly and appropriately fitted up, and is capable of containing a congregation of six or seven hundred. Leading from the Piazza in the opposite direction, the Via Rondinelli is continuous with the Via Legnaioli, which terminates on the Lung' Arno at the foot of the Trinity bridge; close to which is the square of the same name, having in the centre a lofty granite column surmounted by the statue of justice. On one side are Viessen's library and reading-room. This square, with the adjoining street and quay, constitutes a central point of reunion. Here are, the principal café, and some of the finest palaces. The Strozzi, in the Via Legnaioli, and the Feroni, at the corner of the quay (now occupied by the Commune), will especially attract attention from the massiveness of their architecture. This is a characteristic feature of Florence, so many palaces having been built at the period

of the intestine wars, when "each house was a fortalice." Several of the streets present an imposing appearance. "The architecture of the palaces of Florence," says Valery, "seems singularly grand, solid, and gloomy: the masses of rocks that abound in the country, and served for the colossal constructions of Etruscan antiquity, were also used by the first Florentine architects: the public manners, the quarrels of powerful families, the continual riots, contributed likewise to the erecting these fortress-like edifices. The Strozzi palace is regarded as the *chef d'œuvre* of the grand and imposing architecture of Florence, which has never been surpassed or even equalled for strength and grandeur. This grand whole does not seem an assemblage of stones, but as if cut out of a single block. Nearly three centuries have passed away since Vasari, and the eye cannot discover the slightest trace of disunion. The solid structure is a daring defiance of time by man. This palace seems as new as when first built." The large iron rings for holding lamps, was a privilege accorded only to the most illustrious families.

The Riccardi, Capponi, Gherardesca, and Pitti palaces, are among the most remarkable in an architectural point of view. At several of the principal houses, the visiter will not fail to remark an aperture in the wall of the ground floor, closed by a small iron door furnished with a knocker. As the Tuscan proprietors have, from time immemorial, received from the cultivators half the produce of the soil in lieu of rents (the latter finding the requisite implements, &c.), this means was adopted for the retail sale: the flask is passed in with the required sum by the purchaser, and is returned filled with oil

or wine, which is of a better quality than that sold at the shops. From this custom originates the sign of the "hole in the wall," adopted by some public-houses in England, as indicative of good liquor to be there obtained.

Some of the palaces possess superior paintings. The Feroni has a small choice collection; the best private gallery, however, is in the Corsini palace, which is of a more modern and lighter style of architecture, and forms a principal ornament of the Lung' Arno, of which the façade occupies a considerable space. Among the pictures will be more particularly noted, the magnificent water-pieces with shipping, the battles, &c., by Salvator Rosa; the Judith and Holofernes, by Allori; Guido's Lucretia; the Poesia and other pictures, by Carlo Dolce. The Borghese palace, near the Duomo, is likewise a large edifice of comparative modern construction. It was tastefully fitted up by the late Prince: the ground floor is now appropriated to a club and reading-rooms. On the opposite side of the street is the Bargello or public prison; the court-yard, with its projecting staircase, and the inscriptions in relief around, present a characteristic appearance, forming an additional illustration of the style of Tuscan architecture.

From the angle of the Piazza del Granduca, occupied by the Palazzo Vecchio and the Loggia, the buildings termed the Uffizi extend to the Lung' Arno, enclosing an oblong space with a colonnade on either side, beneath which are booths for the sale of fancy articles. Around the court, in niches, have recently been placed statues of some of the most celebrated native poets, painters, artists, &c. The ground floor is appropriated

to the courts of justice. Occupying a portion of the first floor on one side, is the celebrated Magliabecchian library, which contains more than 150,000 volumes and 12,000 manuscripts. A copy of every work published in Tuscany is added to this collection. It is open to the public from nine till two, and again in the evening. The whole extent of the second floor is taken up by the Florence gallery, where, in separate compartments, are ranged the productions of the Tuscan, Flemish, French, and other schools, which are not so appreciated as they would be, but for the absorbing interest of the Tribune. Here the Venus de Medici first attracts attention; and the Faun, the Arrotino, and Appolino, subsequently come in for their share. Of the pictures, Titian's Venuses, St. John, Leo the Tenth, and the Fornarina, by Raphael; Herodias, with the head of John the Baptist, by Luini—will be more especially remarked, even among so many *chefs d'œuvre*. On the opposite side, the principal apartments are those of the Venetian school, containing some of the finest Tintorettos, Titians, and Palmas; and the Hall of Baroccio, so termed from the large picture of the Madonna del Popolo of this painter. Among the other fine pictures in this room, are the Madonna Adolorata, by Sasso Ferrata; Philip of Spain on horseback, by Velasquez; St. Clovis, a large picture, by Carlo Dolce. Here may also be admired some of the finest specimens of the *pietra dura* manufacture, for which Florence is celebrated.

Two rooms are entirely filled with the portraits of distinguished painters of all countries. The cabinet of gems is, next to that at Dresden, the richest in Europe. That of the bronzes is likewise highly interesting. The

gallery does not possess many superior statues beyond those in the Tribune; and in the Hall of Niobe, a few of the busts of the Roman emperors, and the wild boar in the vestibule.

The Palazzo Pitti, constructed like the Strozzi, of immense blocks of stone, a heavy sombre-looking building, is the residence of the Grand Duke. The rich collection contains but few ordinary pictures; some of the most striking are two large landscapes by Salvator Rosa, and two by Rubens; Titian's Mistress; the Madonna and Infant, by Murillo—one of his best pictures—the Descent from the Cross, by Andrea del Sarto; the Madonna della Sediola; Julius the Second, Leo the Tenth, and a Magdalen, by Raphael; the Conspiracy of Cataline, by Salvator Rosa; the Fates, by Michel Angelo; St. Peter, by Carlo Dolce; St. Sebastian, by Titian; and Cleopatra, by Guido. Here are also the Venus of Canova, and several other objects of interest.

The Pitti library contains 80,000 volumes and 1500 manuscripts, including one of Tasso; several of Macchiavelli and of Galileo, &c., can only be visited by express permission. Besides the Magliabecchian, the other public libraries of Florence are, the Laurentian, of very ancient date, containing only manuscripts to the number of 9000, including the Pandects; a MS. of Virgil, two of Tacitus, one of Plutarch, the Decameron, and several by Dante. The Riccardi library contains 23,000 volumes and 3,500 manuscripts; the Marucelli contains 45,000 volumes.

Adjacent to the Pitti Palace is the Museum of natural history, one of the richest on the continent as respects the mineralogical and zoological departments, and

which, moreover, possesses a large collection of wax models, illustrative of vegetable structure, comparative and human anatomy. The models are of the natural size and colour, exhibiting all the parts of the body both conjointly and in detail; a separate room being allotted to each division of anatomy, as osteology, myology, &c., and one obstetrical chamber, showing the progressive development of the embryo. Three wax representations of the plague in small glass cases, may be seen in a separate room. Behind this building and the Pitti Palace are the Boboli gardens, open to the public on stated days. They are planted for the most part with ilex and other evergreens, divided by high hedges in the formal Italian style. From these gardens the plan of those of Versailles was taken. They are adorned with statues placed at intervals; from the higher portions a good view of Florence may be obtained.

The three principal streets on this (left) side of the river commence at the extremity of each of the three bridges, viz:—the Via Guicciardini at the old bridge; the Via Maggio at the Trinità; and the Via Seragli at the Carraia, converging toward one long street which terminates at the Porta Romana. Immediately beyond this gate, a handsome wide avenue of evergreen oaks leads up the hill to the Poggio Imperiale; a ducal villa, now occupied by the Austrian soldiery. From the hill on the left of this, a fine prospect of Florence and the valley may be enjoyed. The best point for a general and extensive view is, however, the Bello Squardo, a villa in this direction belonging to the Albizzi family, once the abode of Galileo. From the roof the whole of the city is seen, with the Arno pur-

suing its course through the plain, which, as well as the hills, is thickly dotted with towns, villages, and villas, whose whiteness forms a pleasing contrast with the surrounding verdure, the more dusky hue of the olive, and the clear blue of the sky. Fiesole, placed between two of the opposite Appenines, forms a striking feature in the scene.

The view from Fiesole itself, or from the heights on descending the Bologna road, has been repeatedly descanted upon both in poetry and prose, since the time when Ariosto wrote of the Vale of Arno,

> "A veder pien de tante Ville e colli
> Par che'l terren vele germogli, come
> Vermene germogliar suole, e rampolli
> Le duetro un mur, sotto medesmo nome
> Fosser raccolti i tuoi Palazzi Sparsi;
> Non ti Sarian da pareggiar due Rome."

The entrance to the city from this side is by the gate of St. Gallo, built about a century ago, in imitation of the arch of Constantine, and the only one of the Florentine gates that has any architectural pretensions.

Florence possesses five theatres—the opera (Pergola) is a long, ugly-looking building outwardly, but its internal decoration is neat and tasteful. The orchestra is excellent, but the singers are usually mediocre. First-rate operatic singing is not frequently heard in Italy, where the scale of remuneration is much lower than in London or Paris. A box may be obtained for four or five dollars, and the price of admission to the pit is but three pauls (about 1s. 4d.)

The Goldoni, Cocomero, and Leopoldo theatres are for dramas, comedies, and light pieces. The perform-

ances at the theatre in the Borgo Ognisanti, are for the most part of the melodramatic order.

There are at Florence several institutions for the encouragement of the arts, science, and literature, and for charitable purposes; as the Academia de' belli Arti (in which is the *pietra dura* manufactory, for inlaying tables, &c., with precious stones), the Archæological Academy, the della Crusca, &c. The Società della Misericordia is peculiar to Tuscany, having been instituted in the beginning of the fifteenth century, at the time of the great plague: the number of its members is seventy, two-thirds being high ecclesiastics and nobles, one-third consisting of the manufacturing and trading classes. Its object is to render assistance to the sick poor, for whom the members perform many kind offices, and supply them with the necessaries of which they may stand in need. The society also undertakes the burial of poor persons, and in cases of accident sends to the spot where assistance is required, to convey the person to the hospital, or to his own residence. The brethren meet in the building in the Piazza del Duomo, where their affairs are conducted by a committee, of which one or more members are always in attendance, to indicate to the assistants on duty the place where their services are required. The sick are carried in covered litters on the shoulders of the giornanti or assistants, who maintain a profound silence, and are clothed from head to foot in a black domino, in order to conceal the persons of those thus engaged. Ten, twelve, and often more assistants accompany each litter, and relieve each other in supporting the burden. There is a branch of this establishment at Pisa.

Another praiseworthy institution is that of the Buonuomini, of which Forsyth gives the following account, but which is not now in a flourishing condition:—"A society of twenty gentlemen, called the Buonuomini di San Martino, has been for four hundred years collecting and distributing alms among the poor, who are ashamed to beg. The rank of these philanthropists, and the objects of relief, induce the rich to contribute, and sometimes to bequeath, considerable supplies. All bequests are turned into cash, and the receipts of every year are distributed within the year to hundreds who are starving under a genteel appearance; decayed gentlemen, whose rank deters others from offering relief; ladies who live in garrets, are ashamed of their poverty, and steal down to mass before daylight; industrious women, whom the failure of the silk manufactories leaves without resource; such are the objects to whom the Buonuomini go privately every week to visit and relieve. They are a kind of benevolent spies upon the domestic miseries of Florence, and accustomed to search out the retreats of suffering delicacy."

The upper class of Florentines are affable in demeanour, fond of gaiety, possessing a taste for music and the arts, but not much given to intellectual exertion. Morality has to all appearance improved; at least open cicisbeism, formerly so much talked about, is quite out of date. The lower classes are generally cheerful, industrious, quick-witted, and, till the late continental disturbances, were tolerably well satisfied with their political condition; their promises are, however, not always to be depended upon, and strangers not unfrequently complain that the tradespeople are tricky and

sharp in their dealings. Drunkenness is rare; but in the villages and towns noisy disputes frequently occur, though rarely giving rise to serious consequences.

Florence presents more resources for amusement and occupation of various kinds, and more advantages for the permanent residence of persons in health, than any other city in Italy: though at the present time it is much less animated in point of society than some years ago, when enlivened by the hospitalities and well-conducted amateur theatrical entertainments of Lords B. and N., the Princes Borghese, Demidoff, &c. Balls and reunions are frequently given by the Grand Duke at the Palace; and at the Casino Nobile, a superior kind of club at the corner of the Lung' Arno. Vieupeux's reading-rooms and circulating library is one of the best furnished establishments of the kind upon the continent. The principal streets and squares are now supplied with gas, the other parts of the city being still lighted by oil lamps suspended across the street. Apartments and living are more reasonable at Florence than at Rome or Naples. Several of the villas in the environs are let to strangers; and these are preferable for a permanent residence.

The Borgo Ognisanti, a street continuous with the western end of the Lung' Arno, leads to the Leghorn and to the Prati railroad stations outside the walls, as also to the Cascina, extensive grounds attached to the ducal farm, agreeably planted with evergreens. This is the usual promenade for carriages and pedestrians. A broad pathway, continued for more than two miles along the sunny side of the Arno, and the open space opposite the farm, are the usual points for reunion; on stated days the military band performs. A suspension

bridge connects the promenade with the opposite bank, on which rises the Mont Oliveto, a hill planted with cypresses, &c., within the grounds of the villa Strozzi, commanding an extensive view. This eminence, with the convent, constitutes a leading feature in the prospect from the Cascina, whence also the tower of the Palazzo Vecchio, and part of the city backed by a semicircle of hills appear to great advantage.

The environs of Florence, as might be expected, abound in pleasant drives and walks; though, in some directions, the view of the country is shut out for some distance by high walls bordering the road. Fiesole, with the ruins of the ancient city and its convent, is one of the objects most frequently visited. A delightful walk may be taken also through the gardens, ascending the course of the Arno, eastward of the town.

An interesting excursion in spring, summer, or autumn, may be made to the monasteries of Vallombrosa and Camaldoli—the former, about twenty-eight miles distant (half of which is carriageable), lies in a wild secluded part of the Appenines, and was visited by Milton, who refers to it in his sublime poem,* and was praised by Ariosto as being in his time,

> "Ricca e bella, ne men religiosa
> E cortese a chiunque vi venia."

This establishment is, however, no longer celebrated for its riches; political circumstances, and the changes consequent upon advancing civilisation, would appear

* "Thick as autumnal leaves that strew the brooks
In Vallombrosa, where th' Etrurian shades,
High over-arch'd, embower."—*Paradise Lost*, 1*st Book*.

to be gradually diminishing the number of these Vallombrosa institutions. Even the Grande Chartreuse, near Grenoble, has at the present day comparatively few brethren; in proportion as the old ones die off, there are but few applicants for replacing them. Some, as the Chartreuse near Coni, in Piedmont, have for several years been applied to other purposes, as summer places of resort, &c.;—and it may be anticipated, that before the close of the present century, most of them in Europe, which have withstood the mutations of so many ages, the inmates,

> "From their retreats calmly contemplating
> The changes of the earth, themselves unchanged,"*

will have ceased to exist. Eustace in his work on Italy observes, with reference to their permanence up to his time:—"Whatever be the merits or demerits of these monastic establishments, there is, it must be confessed, something very striking in their duration. Kingdoms and empires rise and fall around them; governments change; dynasties flourish and fade; manners and dress undergo continual alterations, and languages themselves die away and give place to new modes of speech. Enter the gates of Camaldoli or La Verna, the torrent of time stands still—you are carried back to the sixth or the tenth century. You see the manners and habits, and hear the language of those distant periods. You converse with another race of beings, unalterable in themselves, though placed among mortals as if appointed to observe and record the vicissitudes from which they are exempt."

* Rogers.

There are at Florence two large hospitals, a foundling hospital, and a Casa di Lavoro, or workhouse, by which street-begging is much lessened. At the Ospedale degl' Euxo centi, nearly three thousand foundlings are annually received. The manner in which infants in most parts of Italy are swaddled up in cloths, somewhat after the fashion of an Egyptian mummy, the head only being left to move freely, is often productive of distortion of the limbs, and other bad consequences. The Spedale Santa Maria Nuova is one of the finest hospitals in Europe, and the oldest in Italy (having been founded in 1287 by the father of Dante's Beatrix). The handsome façade was subsequently added by Buontalente. The wards are spacious and lofty. Smaller wards are appropriated for the more interesting cases, which serve for clinical instruction; pupils, after having attended the university classes at Pisa, being obliged to attend this hospital. Buffalini, who has long enjoyed a European reputation, is still professor of medicine; Regnoli is professor of surgery. The St. Bonifazio is also a fine establishment, appropriated to chronic cases and to the insane. The hospitals here, and the courses of medical instruction, as in most other parts of the continent, are superintended by government; patients are admitted on application, without any other recommendation than that of their requiring assistance.

The diseases which prevail most in Florence are pleurisy, bronchial and pulmonary inflammation, which in winter and spring carry off a great number of the poorer people. Among the town practitioners the frequently repeated abstraction of small quantities of

blood is a very common practice; this has the effect of debilitating patients without effectually checking the progress of inflammatory attacks,—which, not being treated at the outset with sufficient energy, frequently occasions consumption at a later period. Nervous complaints, rheumatism, gastric irritation, and diseases of the eyes, as also, of late years, miliary fever, are also extremely prevalent.

Dr. Harding, and one or two other English practitioners, reside at Florence; Dr. Taussig, a German, and physician to the Grand Duke, who speaks English, also occasionally attends visiters.

The climate of Florence is extremely variable; in the summer months, the circle of hills concentrating the sun's rays upon the town, renders the heat oppressive; and the glare from the houses and pavement is exceedingly trying to the eyes. This cause, together with the cold winds in spring, sufficiently accounts for the great prevalence of diseases of these organs. In summer, likewise, the depressing southern winds are the most frequent. These likewise predominate in the autumnal months, and are usually accompanied by rain. The number of rainy days throughout the year is stated to be 110; the fine days, 160; the variable, 95.* In winter, the weather is much colder, and this season lasts longer than at Rome, Pisa, or Naples. Northerly winds prevail; the transitions of temperature are great and sudden. The *tramontana*, sweeping over the Appenines, is sharp and piercing; while the heat of the sun is at times inconveniently felt in sheltered parts of the city. Thus, in less than

* Mondat, Topographie Medicale de Florence.

a minute, by passing into a different street, the change from summer's heat to winter's cold may be experienced, rendering the persons more susceptible to catarrhal affections, inflammation of the lungs and air-passages, than would be those living in a climate uniformly cold. The Italians guard against these transitions, by the practice of wearing large cloaks, without which they seldom stir out in the colder months. Foreigners, who are less cautious in this respect, frequently suffer from the effects of their negligence.

According to M. Carriere's recent work on the Italian climate, the mean winter temperature is 6·8 R., that of summer 24°, more than a degree higher than Rome. Florence is one of the stations where it rains most, notwithstanding the number of rainy days in the year is less than at some other towns. This arises from the violence of the storms, which causes a great deal of rain to fall in a short time, and often occasions inundations. Thus, Florence is sharp and cold in winter, while in summer the heat becomes intense; the transition from one season to another is sudden and sensible. This variation of the climate produces its effect upon the population, Florence having given birth to so many illustrious characters, distinguished by their mental powers, and in the arts, sciences, and poetry. It also tends to produce the agitations, changes of opinion, and political disturbances which have so frequently been recorded. Dante refers to this characteristic in the following lines:—

"Quante volte del tempo che remembre
Legge monete, officii e costume
Hai tu mutato, e rinovate membre."—*Purg.* c. vi.

Varchi, the historian, agrees with the poet, and observes, "The nature of the Florentines leads them often to disagree among themselves. They are easily led away by love of pleasure and frivolous amusements. They are sensitively morbid in disease, whence inflammatory diseases assume a nervous character."

The weather in October and November is usually fine and warm. Invalids proceeding to Rome will frequently benefit more by remaining these months, and even part of December, than by going on at once. They should not return before April, at which period the weather is delightful, and the Vale of Arno appears in all its beauty.

From the end of November till April, Florence is less adapted than any other place of resort in Italy to persons labouring under pulmonary, bronchial, or rheumatic complaints. It generally agrees well with dyspeptic and nervous patients, who seek mental recreation, and I have known it suit several asthmatics better than any other continental town. Those of a strumous, inert, and lymphatic temperament, likewise generally find the climate suited to them. The best situations are the Lung' Arno; the Piazzas St. Trinità; Santa Maria Novella, and the adjacent streets. The Via de' Servi, near the cathedral, has some good houses, but the situation is colder. The best street on the left side of the river is the Via Maggio.*

* In a small work published by Galignani, "Brief Advice to Travellers in Italy," the authoress (Miss Carleton) says, "Fair Florence stands first of the above-mentioned cities (Rome and Pisa) for badness of climate and company. Naples comes next, both being of a mixed kind. Florence is cold in winter, hot in

The principal hotels are the Italia, in the Borgo Ognisanti; the Isole Britanniche; the Grand Bretagna; and the Arno on the Lung' Arno; the Nord, in the Piazza St. Trinità; the York, near the cathedral: the Hotel Schneiderf, on the opposite quay, is now Clark's boarding-house, the apartments and general accommodation are excellent.

The distance from Florence to Rome is about two hundred and twenty miles, which are passed over by the courier in thirty hours. The country is pretty as far as Sienna (connected by a railroad with the Florence and Leghorn line, at the Empoli station). This city, formerly of considerable importance, now contains scarcely more than 20,000 inhabitants. Living is cheap, and the population is cheerful and intelligent. The local society is good, and the Italian language is spoken in its greatest purity. On account of its elevated position, Sienna is one of the coolest summer residences in Italy. It has, moreover, the advantage of being free from mosquitoes. The cathedral, constructed of black and white marble, is one of the oldest, as well as one of the finest, in Italy. Besides the magnificent Chapel del Voto, the interior contains several objects of interest. The other churches possess some good pictures. The Piazza del Campo is a

summer, and damp at all times. It is the winter that is dangerous to health, being foggy, windy, and rainy, and exceedingly apt to attack the throat; the teeth and eyes have their share of the compliment." She prefers the town to the villas for the summer, in which I differ from her; the villas raised above the level of the valley, being more exposed to the air, and less affected by the sun's rays.

characteristic feature of Sienna, having been in former days frequently the scene of popular tumults, as well as of festive assemblages.

Sienna is supplied with water by subterranean aqueducts fifteen miles in length. Among the chief edifices are the Palazzo Pubblico; the Palazzo del Magnifico; the Institute of Fine Arts, containing some good pictures; the University, founded in 1203; and the Public Library, one of the richest in Italy, possessing 50,000 volumes, and 6000 manuscripts.

On the western side of the city is the promenade of the Lizza, adorned with statues, and much frequented for its coolness in summer.

"E in su la Lizza il fresco ventolino."—*Alfieri.*

The mean temperature during five years of the seasons at Sienna, was 4·8 in winter; 12·12 in spring; 22·9 in summer; and 13·4 in autumn.* In summer, the north-west wind and the sea-breezes almost entirely neutralize the effect of the heat, which is so oppressive in the plains. The quantity of rain is greater than that of the surrounding districts, thirty-five inches being the annual average: the number of rainy days is 104. The resident population is for the most part strong and healthy, contrasting with the inhabitants of the lower country. Sienna is sometimes preferred as a summer residence to other parts by English families in Italy.

Passengers by the diligence from Florence to Rome are conveyed by the railroad as far as Sienna, the journey *en voiturier* takes four days. The road is for the most part hilly, and has rather a *triste* appearance, espe-

* This differs slightly from the table in the Appendix.

cially about Radicofani, a wretched-looking town perched on the summit of a bleak mountain, and the frontier of Tuscany. At the hotel and custom-house, on the road below the town, the accommodation is, however, better than might be expected from the appearance of the place. Descending the mountain, the papal dominions are entered at Aquapendente, a dirty and comfortless town in a beautiful situation, and afterwards skirts the lake of Bolsena, where the scenery is highly interesting. The country, however, is extremely unhealthy as far as Viterbo, a large walled town, abounding with monks and ecclesiastical seminaries, situated in a dreary district, which the malaria seems to have depopulated.—

> "All sad, all silent! o'er the ear
> No sound of cheerful toil is swelling;
> Earth has no quickening spirit here,
> Nature no charm, and man no dwelling."

From the hills beyond the unhealthy vale of Baccano, is descried the

> "Vast and wond'rous dome,
> To which Diana's marvel was a cell,"

and soon after, crossing the Tiber at the Ponte Molle, the traveller arrives at Rome by the Via Flaminia.

CHAPTER VIII.

ROME—ITS CHARACTERISTICS AND ENVIRONS.

THE symmetrical aspect of the Piazza del Popolo, its fine obelisk, fountains, and statues, with a church and handsome buildings on either side, together with the long vista of the Corso, rarely fail to impress strangers on first entering Rome with an idea of its magnificence. The relics of antiquity constantly met with, the obelisks and fountains with which it is embellished, and the meeting almost at every step members of the different religious orders, give Rome an appearance distinct from that of any other city; yet, as an *ensemble*, it cannot be termed handsome. It possesses only one good bridge, but few squares, and the streets are narrow (though now much better paved and cleaner than formerly), so that its palaces cannot be seen to advantage.

The valley of the Tiber, occupied by modern Rome, is enclosed between two ranges of diverging hills. The Pincian, the Quirinal, and the Viminal, on the east; on the west, by Monte Mario and the Vatican, which is nearly continuous with the Janiculum; while towards the south are the Aventine, the Capitol, and the Esquiline. The river forms a considerable bend, of which

the concavity is directed toward the Pincian and the Quirinal hills.

There are few cities where it would be so difficult to lose one's way. On entering the Piazza del Popolo at the base of the Pincian, three of the principal streets front the visiter. The central one (the Corso) extends southwards in a straight line for more than a mile, leading to the Capitol and the ruins of the ancient city. The Via Babuino on the left, and the Via de Ripetti on the right, diverging from the line of the Corso, lead, the one to the Piazza di Spagna, the other to the river, (where, at the Porto di Ripetti, is a ferry across to the meadows, through which there is a footpath to St. Peter's). From the Piazza de Spagna, a series of streets is continued almost in a straight line, crossing the centre of the Corso to the bridge St. Angelo, on the opposite extremity of which stands the

"Superba mola,
Che fe' Adriano all' onda Tiberina."

From this monument (now the Castle of St. Angelo, a fortress and state-prison), a street leads to the Piazza de S. Pietro. This place is unique, and defies criticism. The massive and lofty pillars of its colonnades, ranged in a semicircle on either side, enclosing a vast area, in the centre of which are two splendid *jets d'eau*, and the finest obelisk in Europe, together with the *façade* and dome of St. Peter's, form a most striking and magnificent *coup d'œil*. The interior of the church is surpassingly grand; its size, and the harmony of its proportions, can only be properly appreciated after the several parts have been repeatedly viewed in detail—

"Vastness which grows, but grows to harmonize,
All musical in its immensities:
Rich marbles—richer paintings—shrines where flame
The lamps of gold; and haughty dome that vies
In air with earth's chief structures, though their frame
Sits on the firm-set ground."

There are, however, no paintings, though the magnificent mosaics might easily be mistaken for paintings without a close inspection. The most remarkable are the Raising St. Petronilla, the Communion of St. Jerome, and the Transfiguration. From the dome, to which the ascent is easy, the most extensive prospects of Rome and the adjacent country may be enjoyed.

The Pantheon, now transformed into a church, is a noble remnant of antiquity, and in admirable preservation. It is of a circular form, having an aperture twenty-six feet in diameter in the roof. The interior is adorned with several elegant fluted marble pillars, between which altars are placed. The portico consists of sixteen circular granite pillars, each of which is a single piece, thirty-nine feet high, and fourteen feet in circumference, with an entablature and pediment of proportionate magnitude.

Among the other principal churches, which the stranger will be gratified by repeatedly visiting, may be mentioned the St. Giovanni in Laterano, whence there is a good view of part of the Campagna, with the aqueducts and Tivoli, and in the vaults of which is a *chef d'œuvre* of Bernini—the group of the Saviour Dead, and supported on the lap of his mother; the Santa Maria Maggiore; the Santa Maria degli Angeli, formerly part of Dioclesian's baths, several of the colossal granite

pillars of which still support the roof; the Jesuits' church—after St. Peter's, the richest in Rome; the San Stephano Rotondo, formerly a temple of a circular form; and the S. Pietro in Vincoli, in which will be admired the figure of Moses seated, which is considered the *chef d'œuvre* of Michel Angelo:—

> "Quel ch'a par sculpe e colora
> Michel piu che mortale, Angel divino."

The church of St. Paul, two miles from Rome, will, when completed, surpass all the others, St. Peter's excepted, in size and richness of decoration.

The Doria is perhaps the handsomest of the Roman palaces, and contains one of the richest galleries of pictures, among which the attention will be more especially attracted to the two celebrated Claudes, viz., the Molino, and the Sacrifice to Apollo; the Madonna, by Sasso-Ferrata; the Flight into Egypt, the Assumption, and the Visitation, by Annibale Caracci; a Magdalen, by Murillo; Belisarius, by Salvator Rosa; and Queen Joan of Naples, by Leonardo da Vinci. In the Borghese palace will be particularly remarked Diana and her Nymphs, by Domenichino; the Cumean Sibyl, by the same painter; the Deposition from the Cross, by Raphael; the same subject, by Garofolo; four pictures of the Seasons, by Albano; and Cesar Borgia, by Raphael.

The Barbarini contains three of the best pictures in Rome, viz., the Cenci, by Guido; the Fornarina, by Raphael; and a Female Slave, by Titian. Joseph and Potiphar's Wife is also a fine picture.

In the Sciarra Palace will be especially noticed two small landscapes by Claude; Moses, by Guido;

Modesty and Vanity, by Leonardo da Vinci; Gamesters, by Caravaggio; the Magdalen, *delle Radici*, by Guido; Landscapes, by Paul Brill; Beheading of St. John, by Valentin; Portrait of a Youth, by Raphael; Shepherds Regarding a Skull on a Tomb, by Schidone. In the Quirinal are Saul and David, by Guercino; the Ascension, by Vandyck; and the Annunciation, by Guido, which forms the altar-piece of the Pope's private chapel. The Rospigliosi also contains a few good pictures, but the principal attraction to this palace is the fine fresco painting on the ceiling of one of the apartments, Aurora, by Guido:—

"O! mark again the coursers of the sun,
At Guido's call their round of glory run;
Again the rosy hours resume their flight,
Obscured and lost in floods of golden light."—*Rogers.*

But perhaps the most interesting as well as the largest of all the private collections, since the dispersion of Cardinal Fesch's, is that of the Corsini Palace. The following are a few of the best pictures:—several representations of the Madonna, by Carlo Maratti; three heads of the Saviour, by Carlo Dolce, Guido, and Guercino—the latter is the most esteemed; Madonna and Infant, by Caravaggio; Herodias with the Head of St. John, by Guido; a large Murillo, the Madonna and Child, one of the finest productions of this painter; a splendid landscape, by Poussin; Sleeping Cupid, by Guido; an Interior with Cattle, by Teniers; Prometheus Bound, by Salvator Rosa; a Water-piece, by the same; and a similar subject by Vernet.

In the Palazzo Spada is shown the statue of Pompey, said to be the same at the base of which "great Cæsar fell." Here likewise are, a fine picture, representing the Death of Dido, by Guercino; Paul III., by Titian; Cardinal Spada, by Guido; and a Head of Seneca, by Salvator Rosa. In the court-yard is an admirable perspective, from which the plan of the great staircase of the Vatican is said to have been taken.

The Palazzo Colonna contains the handsomest saloon in Rome, and some good pictures, as do also several other palaces mentioned in the guide-books, where will be found detailed accounts of the different galleries, of which I have only mentioned a few of the most striking pieces. In the garden of the Colonna lies an immense fragment of an entablature, supposed to have been part of the Temple of the Sun. Here also are some of the ruins of the baths of Constantine.

The pictures in the Vatican are few in number, but all choice ones. Among them may be particularized the large picture of the Transfiguration, by Raphael, considered his *chef d'œuvre;* the Communion of St. Jerome, by Domenichino, second only to the former, and placed opposite to it. These pictures are seen to great advantage from the outer rooms, by looking through the doorway, the light being thus more strongly concentrated upon them. In the same room is the Madonna di Foligno. In the adjoining rooms, the Martyrdom of St. Peter, by Guido; St. Sebastian, by Titian; the Saviour with the Globe at his Feet, by Correggio; and Cows, by Paul Potter.

The walls and ceiling of the Stanze di Raffaelle are

covered with the celebrated fresco paintings of this great master, the description of which, with those of the Loggia, or open galleries, would fill a volume. Among the statues, the first objects naturally sought for are the Apollo Belvedere and the Laocoon, which one can scarcely tire of beholding; the latter especially has a fine appearance by torchlight. They are judiciously placed by themselves in separate cabinets, as are also the Antinous and Meleager. The celebrated Torso, immediately at the top of the staircase, produces a fine effect, seen through the long vista of the gallery. In the Hall of the Nile, the statues of Minerva, Esculapius, Demosthenes, and the large group of the Nile, will be more particularly remarked. Some of the figures and colossal masks in this hall are also seen to the greatest advantage by torchlight. In other parts of this immense edifice, which may be repeatedly visited with interest, are the museums of the Egyptian and Etruscan antiquities; the richly decorated hall of the library, the Sistine Chapel, containing the celebrated fresco of the Last Judgment, by Michel Angelo, the Mosaic Manufactory, &c., which have been repeatedly described by travellers, but of which no description can convey an accurate idea:—

"I peregrini marmi in varie forme sculti
Pitture e getti, e tant' altro lavoro,
Mostran che non bastaro a tante mole,
Di venti re insieme le ricchezze sole."

Ariosto.

"Go, and insatiate o'er and o'er,
Th' exhaustless Vatican explore;
Thro' labyrinthine courts pursue,
Thro' galleries lengthening on the view,

Hall after hall, dome after dome,
Treasuries of Egypt, Greece, and Rome,
Where all above, around, beneath,
The marble generations breathe,
And plunder'd tombs their wrecks supply,
To line the walls with imag'ry;
And golden roofs their radiance throw
O'er rich mosaics spread below,
And fountains in perpetual play
Temper with sparkling show'rs the day."

Sotheby.

The ascent to the square of the Capitol is by easy steps, on the side of the modern city, and also from the Forum. In the centre stands the fine equestrian statue of Marc Aurelius, of bronze gilt, though but little of the gilding remains. The large hall, with the tower, occupy the extremity of the Place. On one side is the rich collection of sculpture, where will be more particularly noticed, on the ground floor, the bas-reliefs on the sarcophagus of Severus; in the centre of the first room, on ascending, the celebrated gladiator—

"Whose manly brow
Consents to death, but conquers agony;"

with several other fine statues. Among those in the adjoining apartments, the most remarkable are the Faun, in rosso-antico; the Centaurs, in nero-antico; Caius Marius; a Prefica, or hired mourner; the colossal Hercules, in bronze gilt; and the busts of the emperors, senators, and philosophers of ancient Rome, especially those of Augustus, Caligula, Galba, Virgil, Socrates. The Venus of the Capitol is one of the finest and best preserved pieces of ancient sculpture, preferred by some to the Venus de Medicis. It is

kept in a separate cabinet, and only opened on special application.

The building on the opposite side of the Place contains the gallery. Among the best pictures may be enumerated, a Cumean Sibyl, by Domenichino (inferior to that in the Borghese palace); another Sibyl, by Guercino; Romulus and Remus discovered with the Wolf, by Rubens; Marriage of St. Catherine, by Correggio; the Resurrection of St. Petronilla, an immense picture, by Guercino—from which the Mosaic copy in St. Peter's was taken; and the Europa, by Paul Veronese.

In another compartment is the ancient bronze statue of the Wolf, which was struck by lightning; the bust of Brutus; and other relics of antiquity.

One of the best points for viewing Rome is from the tower of the Capitol, whence on the one side is seen the modern city, with St. Peter's; and on the other, lying immediately beneath, the ruins of ancient Rome—

> "Partout confusément dans la poussière épars
> Les thermes, les palais, les tombeaux des Cesars,"

with the stupendous mass of the Coliseum pre-eminently conspicuous above the rest:—

> "Around the wrecks of Rome
> The Coliseum lifts its brow sublime;
> And, looking down on all that moves below,
> O'er all the restless range,
> Where war and violence have work'd their change,
> Tow'rs motionless, and wide around it throws
> The shadow of its strength—its own sublime repose."*

* Sotheby's *Italy*.

Beyond the ruins lies the "weary waste" of the Campagna, intersected by the remains of aqueducts—

"Arches on arches, range by range, extending"

towards the Latian hills, on which are seen the towns of Frascati and Tivoli, the whole forming a prospect unequalled for variety and interest.

Another point, whence are seen to great advantage the city and its environs, is the Monte Mario, which, though less extensive, is perhaps a more interesting view than that from St. Peter's dome, inasmuch as the church itself forms a prominent object. The same may be said of the view from the Villa Doria Pamphili, and from the fountain Paolina in this direction, though within the walls. On the opposite side of the city there is a good view from the Piazza di Monte Cavallo, the centre of which is occupied by the antique colossal statues of Castor and Pollux, with their horses. The Quirinal Palace, here situated (the Pope's summer residence), contains the Annunciation, by Guido, as an altar-piece, and several superior pictures. From hence a long street leads to the Porta Pia, passing the Quattro Fontane, where another long street, or series of streets (leading from the Piazza di Spagna and the Pincian Hill, to St. Maria Maggiore), intersects the former at right angles. Outside the Porta Pia, from the ground by the Villa Patrizi, there is likewise a delightful prospect of the environs. About a mile along this road, is the Villa Torlonia, the grounds of which are tastefully laid out.

The Villa Borghese, immediately outside the Porta del Popolo, is the most interesting of the villas near the city. Its beautiful grounds, formerly shaded by

the ilex and lofty maritime pines, and the usual resort of carriages, equestrians, and pedestrians, were destroyed during the siege by the Committee of Public Safety, the trees being cut down under pretext of their interfering with the defence, although the city was not menaced from this side, and thus has Rome lost one of its principal attractions. The prince now intends applying the grounds to agricultural purposes. The magnificent private collection of statues, &c., in the house, escaped, however, without injury. It is especially remarkable for its symmetrical arrangement, there being corresponding objects on either side in each apartment. On entering the great hall, the attention will be particularly attracted to the alto-relievo in the centre, of Curtius on horseback, throwing himself into the gulf; the colossal statues and busts on each side, and the old mosaic pavements. The Saloon of Hercules is likewise extremely interesting, being filled with the statues of the demigod, and bas-reliefs illustrative of his history. But the principal saloon surpasses every thing else in the richness of its treasures, and the symmetry with which they are disposed. The series of porphyry busts of the emperors, ranged along three sides of the apartment, add greatly to the effect. In the rooms on the first floor are, the group Apollo and Daphne, by Bernini, and the Venus Vincitrice, of Canova, for which the Princess Pauline Borghese sat as a model.

The Villa Albani likewise contains a rich collection of statues, and is adorned with marbles, frescoes, and mosaics. The alto-relievo of Antinous, the Apollo and small Hercules of Glycon, in bronze, will be particularly remarked.

The Villa Ludovisi is visited only by special permission. Its extensive grounds are laid out in the formal Italian style. On the roof of the hall is Guercino's Aurora, one of the finest frescoes in Rome, though inferior to that of Guido in the Rospigliosi Palace. The Doria Pamphili grounds are likewise extensive, though from their distance not so accessible. The fashionable afternoon promenade is, however, on the Pincian hill, which is also one of the most favourable points for viewing Rome and St. Peter's. From this spot Claude Lorraine was accustomed to watch the sun make his "golden set," and to note the varied tints occasioned by the "bright tract of his fiery car," which few painters besides himself have been able to represent with such fidelity, without appearing to exaggerate. A principal piazza is the Colonna, on the line of the Corso, in the centre of which stands the Antonine column, covered with relievi, indicative of the victories of Marc Aurelius, and surmounted by a statue of St. Paul. One side of this square is taken up by the post-office, a modern building not in very good taste. The Piazza Navona is spacious, with an obelisk and fine fountain in the centre. Here, on stated days the market is held, and on these occasions, the place, filled with groups of buyers and sellers, is seen to most advantage.

Trajan's Forum occupies a considerable space, excavated to the depth of several feet below the level of the adjacent streets, and is filled with portions of broken columns replaced in the upright position. In the centre stands Trajan's pillar, covered with relievi illustrative of the victories gained, and surmounted by

a bronze statue of St. Peter. This served as the model of the column erected to Napoleon on the Place Vendôme. A short distance beyond the Forum are the principal relics of the ancient city, comprised in the Foro Romano—now termed Campo Vaccino—between the arch of Septimus Severus, at the foot of the capitol, and the Coliseum—the extensive ruins of the palace of the Cæsars occupying the Palatine hill on the right. On the high ground to the right of the arch of Titus is a villa, with extensive gardens tastefully laid out, and long in the possession of an English gentleman (Mr. Mills), which is open on stated days, and whence may be enjoyed delightful views of the environs, and of the course of the Tiber. Opposite the Arch of Constantine a road diverges, leading to the extensive ruins of the baths of Caracalla. Beyond the Coliseum, the road is continued to the square of St. Giovanni in Laterano, situate at the outskirts of the city, and near the Naples Gate. In the centre is a fine obelisk; and on one side the Scala Santa will be remarked, with pilgrims and devotees ascending on their knees, though the number seeking absolution by this means has of late greatly diminished. The roof of the college, adjoining the church, commands an extensive prospect of the Campagna. A little further on, and close to the walls, stands isolated the church of Santa Croce, in Gerusalemme, near which are the remains of ancient aqueducts.

The parts of the city mostly frequented by visiters, are, the Piazza di Spagna, the Corso, and adjacent streets, viz., Babuino, leading to the Piazza del Popolo; the Condotti, and the Croce, connecting the Piazza

with the Corso. The Piazza itself, though spacious, contains no remarkable buildings, and but for its fine fountain, and the flight of steps leading up to the Pincian, would present a very ordinary appearance. At the top of these steps is the Trinità de Monti church, which is principally attractive on account of the singing of the French nuns on stated days—at matins and vespers. There are several good houses in this neighbourhood, as in the Via Gregoriana, which is also a favourite locality. To the left of the church is the Medici villa, now the French Academy of Painting. The grounds belonging to the villa are extensive and shady; being on a higher level than the Pincian promenade, they offer a cool retreat during the prevalence of the sirocco wind, and in the warmer months.

Rome is amply supplied with pure water, brought by the three remaining aqueducts, the Felice, Virgine, and Paolina, which, with other existing sources, not only provide for the wants of the inhabitants, but suffice to keep in perpetual play the numerous fountains abounding in the city. Of these, the Fontana de Trevi may be considered as the chief; it has a particularly fine effect seen by moonlight, when the main points of its architecture are brought into more prominent relief.

This abundance of flowing water maintains an agreeable freshness, and is especially serviceable in a city where the air is so seldom agitated by winds during the hottest part of the year. According to Pliny, at the time when Agrippa was Edile, there were no less than 700 reservoirs and 500 fountains: this number was even increased in the reign of Trajan. Nardini

states, that the ponds or reservoirs, exposed or covered, in different parts of the city, amounted to near 1400. A large quantity of water was then required for the supply of the numerous baths. The extensive ruins of Caracalla's, Dioclesian's, Titus's, &c., bear testimony to the universal diffusion of the practice of bathing, which, though abused at that period, has fallen into comparative disuse among the modern Romans—there being now but few bathing establishments, and those not of the first order; on which account, doubtless, several diseases, formerly of rare occurrence, have become more common.

The above imperfect sketch may perhaps serve to convey to those who have not visited Italy, a general idea of Rome, than which few places offer more resource for amusement and mental recreation—especially on a first visit during the winter months—whether the visiter be interested in the innumerable works of art which fill its galleries and studii, or whether he prefer strolling among the remnants of fallen grandeur. If fond of walking, whichever way he directs his steps some object of interest will be found; if of riding, few localities are better adapted to this exercise than the environs of the city. There is not, however, as much resource for those who delight in reading as at Florence, which is better supplied with books.

General society is upon an easy footing at Rome, and is very accessible to persons properly introduced, though the Romans do not receive English visiters at their own houses, unless specially known to them; they have, however, numerous *réunions* among themselves, to which those of the English who have intro-

ductions to them, particularly if they be Catholics, are invited.

The Romans are more sedate, reserved, and dignified in their demeanour, than the rest of the Italians, and form a strong contrast in this respect with their neighbours, the Neapolitans. They cultivate the fine arts less than the Tuscans, and are but little addicted to literary, scientific, or intellectual pursuits; most of the upper classes being content with a monotonous daily round of existence, their drive along the Corso in the afternoon, and *réunion* in the evening, varied by a visit to the opera. In fact, they are habitually inclined to indolence, to which they are further predisposed by their climate, and having no stimulus or motive to exertion. As Eustace, who was a Catholic clergyman, justly observed, "In a free country, mental improvement brings with it its own reward, oftentimes rank and fortune. It is both necessary and fashionable, and cannot be dispensed with by any individual who means to attain or keep a place in society. In a despotic government these motives are wanting; the drudgery necessary for the acquisition of information is rewarded only by the consciousness of intellectual superiority—an advantage of too little weight in countries where mental attainments are too much undervalued to attract attention or excite envy. Hence, after having passed through the ordinary course of college education, or loitered away a few years with a private tutor, the noble youth of the continent, if not employed in the army, sink into domestic indolence, and fritter away life in the endless frivolities of a town society."*

* These remarks are, however, more applicable to the Romans

The middle class likewise bear themselves more independently, and are less tricky than the people in some other parts of Italy. Many of the shopkeepers and tradespeople appear to care little about being employed, and will frequently not put themselves out of the way to serve a customer, or abate any thing of the price they have first asked, even though it be much more than the article is worth. The majority of the lower orders and the peasantry are remarkable for their personal beauty, which, however, in females soon fades, and they are apt to become very stout after five or six and twenty. The Trasteverini, who regard themselves as the descendants of the ancient Romans, are a particularly fine-looking race, haughty, and somewhat sullen in their demeanour, intermarrying among themselves, associating little more than is necessary with others; and, though ignorant and superstitious, they are for the most part moral in their domestic relations. In fact, there is less evident immorality in Rome than perhaps any other city. The tone of general society, as far as the superficies is concerned, is much the same as in other large cities; for at the present day it may be truly said, that

> "Society is smoothed to an excess,
> That manners differ hardly more than dress."

An Italian author observes of the Romans:—"The Roman people originates from the ancient union of free-

in the time of Gregory, than since the accession of Pius and the formation of a representative legislature, but may serve to show the state of matters before the present era. The recent political changes will, doubtless, greatly alter the Italian character.

dom with slavery, succeeding to the valorous conquerors of the world. We find them sharp-witted, and inclined to satire; not very hospitable, on account of the continual influx of foreigners; and rather disdainful of the lower avocations, arts, and trades; and always mindful of the power which in former times raised them above all other nations."*

Street murders and robberies are much less frequent than formerly: when attempts at assassination do occur, they are mostly confined to the inferior classes, and originate in private quarrels, or from jealousy.

As may be expected, the members of the different ecclesiastical bodies, from the prelate to the mendicant friar, form a large proportion of the population, and their appearance in the streets, or in religious ceremonies, clad in the same costumes as were seen centuries ago, constitutes a feature peculiar to Rome. Many of the clergy are exceedingly well informed, and several among them are persons of great learning and attainments. As a body they are zealous, and no doubt are chiefly instrumental in preventing the appearance of open immorality, so common in large cities, though on public occasions, and at the church ceremonies, there certainly seems to be frequently more straining after effect than a disposition to encourage religious contemplation or fervour of worship. Be this as it may, there is little doubt that a large proportion of the spectators, and the majority of foreigners, attend the splendid church ceremonies merely as a spectacle; nor is it easy for Protestants to reconcile them with their ideas of religion.

* Zucagni, Corographia fisica, storica, e statistica, dell' Italia. Firenze, 1835.

Except upon these occasions, the churches are not very fully attended, the bulk of the congregations being usually composed of women, and persons of the lower class.

The attempts on the part of the Catholic priesthood to make converts to Catholicism, are said to have been very successful, both on the continent and in this country, especially among the more impressible sex. A principal cause of this success is, doubtless, in many instances, not so much from a conviction of the superiority of the Catholic form of worship, as from the circumstance that their clergy mix more with the people, and are, at all times, accessible to persons who require that relief of spiritual consolation, under the various trying circumstances of life, which members of the ecclesiastical profession are best calculated to impart. This is, doubtless, likewise a reason of the success of Dissenters in England.

Few pageants exceed in magnificence that of the Pope's being carried in state into St. Peter's on the occasions when he performs high mass, preceded by a long double file of cardinals and prelates, attended by the noble guards, and by the Swiss in their picturesque costume, with the people kneeling to receive his blessing as he passes. The benediction, from the balcony of the *façade*, of the people on Christmas and Easter days, has also a particularly fine effect, the number of persons assembled and kneeling in the spacious Place often amounting to upwards of 100,000.

Of the other sights at Easter, those best worth attending are, the illumination of the *façade* and dome of the church, which is *unique* in its way, the whole being

lighted up in a few seconds; and the *Girandola*, or display of fire-works from the Castle of St. Angelo. The rest are scarcely worth the trouble and crushing which must be undergone.

The carnival, which till lately was better kept up here than elsewhere, has, since the recent political events, been shorn of its spirit, masking being prohibited in the streets; its revival, as in former days, is hardly to be expected in future.

CHAPTER IX.

ROME—MEDICINE—MALARIA—LIVING, &c.—CLIMATE.

LITERATURE and science are at a low ebb in the Roman states, being but little encouraged. Comparatively few books are published, as there is no security of copyright in Italy, and a valuable work might be printed in any of the other states, and sold at a low price, without the author's being able to obtain any compensation. As Rome has little commerce and no manufactures, except those of mosaics, cameos, and other objects of taste, a great portion of the inhabitants mainly depend upon the influx of strangers for the season, which is as universally calculated upon as at a watering-place. Without its climate, antiquities, and works of art, which are the chief inducements for strangers to select it as a temporary residence, Rome would soon lose a large portion of its population, as house-rent and taxes are high compared with other parts of Italy, and the summer is unhealthy from the prevalence of malaria.

Medicine and surgery are likewise in a very backward condition in Rome, as compared with most parts of Europe. The hospitals are richly endowed, but though somewhat improved of late, are still in a state of great neglect; the largest of them, St. Spirito, for

the reception of patients of the male sex, contains about 1,400 beds. The number occupied varies greatly, according to the season, being much smaller in winter and spring than in summer and autumn, when the intermittent and malaria fevers are prevalent. The hospital St. Giacomo, on the Corso, is appropriated to surgical diseases and operations, the mortality after which is great.

Inflammation of the lungs is prevalent in winter and spring, though less so than at Florence and Naples. Bronchial affections, rheumatism, and diseases of the eyes, are also less common. Gastric irritation and visceral engorgement are of frequent occurrence, especially in the warm months. Consumption is not frequent, unless when it ensues upon neglected inflammation. Sudden death, called by the Italians *accidente*, frequently occurs, to which the stillness of the air, the indolent mode of life, and the habit of eating suppers on returning from the theatre or from *soirées*, no doubt predispose. Nervous affections are also very general, especially the morbid sensibility of the olfactory nerves, with respect to flowers and perfumes, which sometimes exists in such a high degree as to occasion convulsive attacks. This peculiar antipathy to perfumes is likewise met with in some other Italian cities, and English residents, who have become acclimated, are also liable to be affected in a similar manner. Intermittent and other fevers are endemic in the summer and autumn, at which periods the hospitals are crowded with patients from the country, and, as bark is the principal remedy employed to combat the disease, the consumption of this medicine is enormous. The insalubrity of the seasons is in a direct

ratio to the heat and to the quantity of rain that has fallen; but, since the improved drainage of the Pontine marshes, these fevers have diminished in frequency and severity. One of the most common exciting causes is exposure to currents of cold air, or chills in damp places, after the body has been heated by exercise; irregularity of diet, poorness of living, or, in fact, any circumstances which tend to depress the powers of the system, may act as predisposing causes. Thus, strangers resorting to Rome are much less liable to be affected the first year of their residence than in the subsequent years, when the body has become relaxed and enervated by the influence of the climate. The wearing of flannel is a good precautionary measure. There is no doubt that malaria frequently remains for some time latent in the constitution, giving rise, at a future period, to various diseases, which are seldom attributed to it. Neuralgic complaints may often be traced to this cause, as may likewise some paralytic and other affections, as well as intermittent fevers, which frequently do not appear while persons are under the excitement of travelling, but subsequently, perhaps after the interval of several months from the time that the person was exposed to the influence of this poisonous agent.

Dr. J. Johnson, who, from his long residence in India, is one of the persons best calculated to give an opinion on this subject, agrees with others who have investigated the nature of this noxious agent, when he says, "It rises from the soil with the watery exhalations of the day, and falls with the dews of night. It appears to be in mechanical mixture with the air, not in chemical solution. Being heavier than the atmosphere, it gravi-

tates to the surface in still weather, and, when carried along with the winds, it does not appear to rise very high or extend very far, except in such a state of dilution as to be nearly harmless. (There are, however, exceptions to this.) Thus, a current of air coming from a malarious ground, is strained, as it were, by passing through a wood or grove of trees; a portion of elevated ground, or a high wall, will often arrest its progress. Hence the suburbs of Rome are more exposed to malaria than the city, and the open streets and squares more than the narrow lanes in the centre of the metropolis. The low, crowded, and abominably filthy quarter of the Jews, on the banks of the Tiber, may probably owe its acknowledged freedom from the fatal malaria to its sheltered site and dense population."

Dr. Folchi, physician to the Hospital St. Spirito, observes on this point, "The atmospheric vicissitudes which prevail during the summer season, produce two important effects—a serious disturbance in the functions of the skin, and a subtraction of the thermometrical vital fluid furnished by the activity of the nervous system. The consequence of the former condition is an alteration in the intestinal mucous membrane; of the latter, an alteration of the ganglionary system. Thus, the essence of intermittent fever consists in a disturbed equilibrium of the elements of life, and principally of the nervous fluid, which the febrile movement tends to bring back to a healthy condition."*

The circumstance of the soil being freely exposed to the action of the sun's rays, and the consequent decom-

* Sulle origine delle febbre intermittenti in Roma.

position of animal and vegetable matters upon its surface, after heavy rains, or in stagnant waters, is the principal cause of the greater prevalence of malaria in modern as compared with ancient times, when great part of the now exposed and deserted Campagna was covered with wood or buildings. The plantation of trees is, therefore, a means of diminishing the evil, as has been found to be the case in the Tuscan Maremma, where the fixed population has greatly increased within the last twenty years. Trees and plants which have an abundance of leaves, are most advantageous for this purpose. Where the vine is cultivated, the malaria seldom prevails. Not only is the air filtered, as it were, by passing through the foliage, but it is further purified by the chemical changes, occasioned by the superabundance of azote being absorbed, and oxygen being emitted.*

To this natural remedy, viz., plantation and cultivation of the ground, there are, however, obstacles, which in many parts are insurmountable to colonization on a large scale:—1st. The extent of unhealthy district to be acted upon, would entail a great sacrifice of human life, and of capital at the outset, without the likelihood of any corresponding return for a long series of years. 2nd. The deficiency of magazines, stables, roads, and habitations: 3rd. The want of a certain quantity of available soil for the production of fruits, wine, grain, and fodder for cattle: 4th. The comparative absence of water for drinking and for irrigation: 5th. The earth, being in many parts too soft and argillaceous, from the inundations of the Tiber and other causes.

* See the annexed observations on Malaria.

Even in those portions where cultivation might be readily undertaken, the crops would be of inferior quality, for which it would be difficult to find a market —there being already a sufficiency of produce for Rome itself; that which might be obtained by cultivating the Campagna, would not repay the expense of transport for exportation; which, from the deficiency of road, or of any navigable river, would be attended with considerable outlay. Much, however, has been, and more could be done, towards improving the quality of the air—by the drainage of marshy lands, preventing the accumulation of rain, planting trees near ponds and collections of water not drainable, and also along the shore of the Mediterranean—the relaxing south wind, most prevalent in summer and autumn, being one of the most powerful predisposing causes of the fevers, and the consequent visceral disease, to which are subjected more especially the inhabitants of the country, whose houses are not raised above the level of the plain, and who are consequently exposed to the action of this noxious agent not only by day but also at night, when the body, having been relaxed by the heat, the skin is more capable of absorption, as is especially the case during sleep. Hence the necessity of the rule for those travelling by night through the Pontine marshes, or other unhealthy localities, by all means to avoid sleeping. In winter there is, however, little reason to apprehend the effects of malaria in any part of the city.

Rome possesses many charitable institutions. Besides the hospitals already mentioned, there is the Ospedale della Consolazione, close to St. Giovanni

in Laterano; the Santo Gallicano in the Trastevere, for cutaneous diseases; a hospital for convalescents (received from the other hospitals of the city, and which also serves as a lodging-house for pilgrims); one for abandoned orphans, who are received at the age of seven years, educated, and maintained till twenty; the Santa Maria del Refugio, for female penitents; the Santo Michele, a large building on the Tiber, containing about one thousand inmates, who are divided into four classes—old men and old women, young men and young women. These latter are instructed and taught trades; the females, on attaining the age of twenty, if they marry, are portioned with 100 scudi; the males, on quitting the establishment at the same age, receive 30 scudi.

The university termed the Sapienza (from the inscription over the entrance, *Initium Sapientiæ timor Domini*), was founded at the close of the thirteenth century. There are about fifty professors to occupy the different chairs in the five faculties. It does not, however, rank very high among the Italian universities.

The population of Rome, exclusive of strangers, amounts to about 170,000. The lofty and massive walls, built at various epochs, occupy a circuit of several miles, and in some degree prevents the malaria from affecting the city as much as the suburbs. The streets are narrow, paved with small squares of basalt, and, except in the quarters frequented by visiters, are not particularly clean. The Corso is almost the only one which has a raised foot-pavement of rough stone. They are but indifferently lighted at night, the intro-

duction of gas being still a desideratum. Next to the Ponte Santo Angelo, the Sisto is the most frequented medium of communication between the opposite banks of the river. Somewhat lower down than the last named, is the Ponte Sotto, which forms a picturesque object when seen from the left bank, near the temple of Vesta. There are five theatres, all open during the carnival, but closed during Lent. At the Apollo and the Valle operas are given; the Argentina is more appropriated to dramas and comedies. The operatic corps is generally one of the best in Italy. The mausoleum of Augustus is now an amphitheatre for equestrian, conjuring, or other exhibitions.

Living, as respects the necessaries of life, is not very expensive at Rome, considering it is deserted by visiters for more than half the year. It is, however, more so than at Florence, particularly when carriages or other luxuries are concerned. The markets are well supplied, and provisions abundant. The common wine is bad, being frequently adulterated, and often disagrees with strangers. The Velletri and Geasano wines are more potable. The French wines are mostly received from Cette, and are not of very superior quality. There are only two or three tolerable restaurateurs. The principal hotels are Mories', in the Piazza del Popolo; the Europa and Jerny's, in the Piazza di Spagna; the Russie and De Paris, in the Babuino; the Angleterre, the Allemagne, in the Condotti; and the York, near the Piazza Veneziana. Most of these have a *table d'hôte*.

The English church, immediately outside the Porta del Popolo, is conveniently and appropriately fitted up, and

is capable of containing a congregation of 800 persons. The resident clergyman is frequently assisted in his duties by the clerical visiters passing the season at Rome. A theological library for the loan of books is attached to the church. The Protestant burial-ground is at the opposite extremity of the town, at the base of the pyramid of Caius Cestus. A club, composed of Romans and visiters, is held in the Piazza di Spagna. Here is likewise Piale's (formerly Monaldine's) library and reading-rooms; a second similar establishment has also recently been opened. For obtaining Italian or French books, the best booksellers are at the Piazza Colonna, one at the corner of the Corso, the other in the street connecting the square with the Monte Citorio. The cafés mostly frequented by visiters are, the Nazzara, and that at the Palazzo Ruspoli, on the Corso. The numerous shops for the sale of cameos, mosaics, &c.; the studii of the most celebrated sculptors and painters—will afford a high degree of interest to the visiter during his first winter in Rome. Among the English sculptors who have long been resident, may be specified Gibson, whose judgment and taste in the construction of groups and single figures are sufficiently well known; and Macdonald, no less distinguished for the accuracy of his likenesses in busts. Two or three English physicians pass the winter at Rome. The treatment of disease in foreigners requires to be considerably modified, in accordance with the alterations produced on the system by a prolonged sojourn. The climate of Rome is milder, and the winter shorter, than in most other parts of Italy. The air is soft, comparatively seldom agitated by sharp winds, and is at

times oppressive, especially during the prevalence of the sirocco, which, however, generally agrees very well with most invalids. The tramontana, or cold northern winds, are sometimes severely felt in the winter and spring, usually lasting three days; the neighbouring hills are not sufficiently high to protect the city from the influence; and cold winds are the more sensibly felt, from the general softness and relaxing qualities of the air. Rome may be considered humid, as compared with other places of resort in Italy. The common causes of dampness are the stagnation of the air; the occasional fogs from the Tiber; and the exhalation from the earth after sunset, sometimes to such an extent as to wet the pavement. Within the short space of half an hour at this time of the day, there is a marked difference in the temperature, on which account strangers, and especially invalids, should be provided with an extra garment to put on when out of doors. The variations of temperature between the narrow streets, and especially between the cold picture or sculpture galleries, and sunny places, are very great, and require to be particularly guarded against. Two thermometers, which were placed at the same time, the one on the sunny, the other on the shady side of a window, exhibited the difference between 91 and 45 degrees.

The mean annual temperature (deduced from twenty years' observations), is 15·46; the mean temperature of the different seasons as follows:—winter, 8·1; spring, 14·29; summer, 22·91; autumn 16·49. Sir James Clark states the mean winter temperature to be ten degrees higher than London; seven higher than Pau; and one higher than Nice. More recent observation

has, however, shown, that the difference between London and Rome is not so great; and that Nice has a winter temperature higher than Rome by more than a degree.* In spring, Rome is five degrees above London, three above Pau, four below Nice, about the same as Naples, and four below Madeira. With respect to steadiness of temperature from day to day, Rome precedes Naples and Pau, but comes after Nice and Pisa. "The inconstancy in the atmospheric conditions," observes M. Carrière, "and a degree of humidity which varies according to the seasons, and the predominance of certain winds, constitute the leading features of the climate. This inconstancy is especially remarkable during the first weeks of winter. At this period the northern winds are in conflict with the southern; a clear alternates with a cloudy sky; and sun with rain. After December, the northerly influences predominate. Cold and dry winds are experienced with a certain continuity; but they do not cause much agitation of the atmosphere, and soon give place to antagonistic or collateral winds. The air is tolerably calm, and the sun shines on most days at the beginning of February. The spring is mild, and the weather settled. May is warm; and in July the power of evaporation is at its height. The unfavourable season, for Rome and its Campagna, lasts till September. October is the favourite month of the Romans—it is to them as a harbour after bad weather; abundant rains water the earth, and reanimate vegetation; the sun, shining between the intervals of rain, imparts the appearance of a second spring. November

* See Tables in the Appendix.

retains some analogy with October, being characterised by the alternation of rains with sharp colds."

During a period of sixty years (1782 to 1842), north and northerly winds have generally prevailed in the morning and evening—occasionally the whole day in the bad season. During the healthy season, if the morning is refreshed by the northern winds, the rest of the day, as well as part of the night, are under the influence of the southerly wind, to which must be added the west wind, which, blowing regularly as a sea-breeze, causes some modification of the temperature. According to Colandrelli, the south-east, the south, south-south-west, and the west, the warm and cool winds of Italy, prevail in the proportion of 62 to 100.* This preponderance of warm winds, however, is far from having an absolute regularity. Thus, M. Carrière observes in 1842, they were as 284 north to 132 south; in 1841, 207 north and 224 south; in 1840, during which the north predominated in autumn and the beginning of spring, 222 north, 87 west, south-west, and south. In 1839, the calculations gave 221 south for 177 north; and 293 south for 179 north. Colandrelli states, that the south-west (from Africa, passing over the sea, and Albano) is next in frequency to the south wind, which meets but few obstacles in its passage; next in frequency is the north-north-east, which enters by the valley of the Tiber; then the south-east, or siroccal wind, which is felt at Rome less than at the other parts of the Mediterranean shore: the north-west (mistral), which is powerfully felt at Provence, and in

* Annali dell' Osservatorio Astronomico.

the bay of Naples, presents the weakest proportion at Rome. The east, south-east, and south winds, favour most the fall of rain.

The average number of rainy days, from observations made during 39 years, is 114; the minimum having been 56 (in 1828), the maximum 158 (in 1784). In this respect, Rome may be considered intermediate between the Vale of Arno and Genoa on the one hand, and Nice and Provence on the other. A third more rain falls at Rome than at Nice, somewhat more than at Florence, but much less than at Pisa. It appears also, that more rain falls at Rome than at London, where the number of rainy days is on an average 178 in the year; the mean quantity of rain being 31 inches, whereas at Rome it is but 24 inches.* It must, however, be borne in mind, with reference to the number of rainy days, that small quantities at a time, or showers, are very common in England; while at Rome the rain falls more violently, and in larger quantity at particular seasons, leaving a longer interval of fine weather.

Dr. James Johnson justly observed, in his work published some years ago on "Change of Air," with reference to the transitions in temperature, "The very circumstance which forms the charm, the attraction, the theme of praise in the Italian climate, is that which renders it dangerous, because deceitful, viz., the long intervals of fine weather between vicissitudes of great magnitude. This is the bane of Italy, whose brilliant suns and balmy zephyrs flatter only to betray. They

* This differs somewhat from the annexed table.

first enervate the constitution, and, when the body is ripe for the impression of the tramontana, that ruthless blast descends from the mountains on its hapless victims."

We cannot, however, wonder that so many of our countrymen, who do not see the dark side of the question, should have allowed themselves to be captivated by the bright skies of Italy, and the delightful temperature of a large proportion of the winter days, when it may be truly said that

"Ein sanfter wind von blauen Himmel weht;"

and, as somebody has elsewhere said, one feels mere existence to be a pleasure, or, as the poet has expressed it—

"Simply to feel that we breathe, that we live,
Is worth the best joys that life elsewhere can give,"

on comparing them with the fogs, humidity, and variable weather of their native land; and there is no question that persons in health may, by taking due precautions against the transitions of temperature, derive all the advantage and gratification afforded by the climate during the winter months, without danger of their health being prejudicially affected; but that, on the other hand, a long residence in Italy (especially at Rome), or even returning thither during several successive winters, does, in many cases, materially impair the health—frequently without the cause being suspected, or, at all events, enervates the constitution, thus diminishing the vigour of the body and the energy of the mind.

The relaxation and oppression of spirits produced by

the stillness of the atmosphere, especially during the prevalence of the sirocco, may generally be removed in some degree by a canter on horseback; the person thus carried rapidly through the air, without active exertion, being in much the same condition as if he were himself stationary, and the air agitated by winds. Many people, after two or three months' residence at Rome, feel themselves relaxed and out of health; this indisposition may generally be removed by an excursion for a fortnight or three weeks to Naples, Florence, or even Albano.

On the whole, Rome may be considered as the best residence in Italy for patients labouring under consumption, though, in the advanced stages, little benefit can be expected; and, since the climates of the continent have been better understood by the profession in England, the number of those who are sent out while labouring under irremediable disease is much less than formerly; and comparatively few invalids have latterly resorted to Rome, the great majority of the English being composed of families, and travellers for pleasure. In the tendency to consumption, and in the early stage of this disease, much advantage may, however, be frequently derived from wintering at Rome for two or three successive years; but persons similarly circumstanced should not, in general, remain throughout the summer in Italy. "The moist air of Rome," observes M. Carrière, "diminishes and allays pulmonary irritation; but when there is decided exhaustion, it adds to the weakness, and the powers rapidly decline. A residence in Rome is serviceable only in the beginning of the complaint—the period from the close of winter to

the spring is the most preferable. In some cases, Pisa agrees better than Rome, in others Nice, especially when the complaint is of a scrofulous origin, and the patient is of a torpid or phlegmatic temperament, marked by a slow, languid circulation; whereas in the opposite condition, which is characterised by a florid complexion, accelerated circulation and respiration, Pisa or Rome would be preferable. In some bronchial and laryngeal diseases, which are not unfrequently mistaken for disease of the lungs, and which, in fact, frequently superinduce diseases of these organs, the climate of Rome will produce permanently beneficial effects, and will often contribute materially to their removal. Those cases marked by a tendency to inflammatory action, or accompanied with much local irritability, are in general the best adapted for Rome; while those more chronic forms, especially in old people, and attended with free expectoration of mucus, will often derive more benefit from Nice or Naples; though they would do well to remove from these localities in the spring. Many dyspeptic, rheumatic, and gouty invalids, especially if of an irritable habit, will likewise derive benefit from passing the winter at Rome, or between Florence, Rome, and Naples. Rome generally agrees well with elderly people, and many attain there a great age. It does not in general suit patients with neuralgic or nervous affections; neither would a prolonged residence be advisable for those liable to cerebral congestion." As regards nervous affections, M. Carrière says, "Because the Romans are subject to nervous disorders, and an enervated sensibility, it must not be inferred that inhabitants of England, or the south of

France, presenting analogous conditions, should be prohibited from residing there. The irritability among the Romans is developed by the heat, which powerfully impresses the nervous system. In the north, on the contrary, irritability is produced either by a deficiency in the equilibrium of the sensitive activity, or in that which results from the more or less rigorous variations of temperature; or that which arises from fatigue of the mind, or of the senses. In these instances, the climate will be favourable, by subjecting the sensibility to an equality of impression well fitted to restore the equilibrium, and to occasion a cessation of the disorder. It would produce a contrary effect, where the irritability is accompanied with general weakness. Nervous affections of the digestive organs are relieved by the mild influence of the climate."

It must be borne in mind, that the active medication employed in England would not be well supported by those who have long resided in Italy; for those, however, who have not been long enough to become acclimated, it is not generally necessary to make any material alteration in the treatment of acute disease, such persons not being much more susceptible to the action of remedies than they would be in their own country.

As respects a summer residence in the environs of Rome; the higher grounds of Tivoli and Frascati, though famed for the beauty of their position, are considered to be damp as compared with Albano, which, indeed, is the usual resort both of Romans and strangers at this season. It is cool, and said to be more healthy than Naples or its environs. From its elevated position,

commanding an extensive view of the Campagna, it is fully exposed to the sea breeze, which sets in at ten in the morning, and tempers the solar heat. The thermometer seldom exceeds 72 Fahrenheit, when placed in a southern exposure. The fine avenues of trees and wood belonging to the Villa Doria, enables visiters to take exercise at any time of the day.

Civita Vecchia is a six hours' drive from Rome; the country traversed is undulating, for the most part uncultivated and devoid of interest, there being no habitations except at the post stations. This town is only interesting as the port for the landing and embarkation of travellers.

CHAPTER X.

PONTINE MARSHES—NAPLES, AND THE NEAPOLITANS—SORRENTO AND CASTELLAMARE—ISCHIA, AND ITS MINERAL SPRINGS—PALERMO—MALTA, AND ITS CLIMATE.

The most frequented road from Rome to Naples traverses the Campagna, intersected by long lines of aqueducts as far as the hills near Albano, between which and L'Arricia the country is picturesque. Beyond Velletri, it is carried in a straight line through the Pontine marshes; a great part of the way along the bank of the canal into which the water is drained. Throughout this distance, not a habitation is to be seen except the half-way post station, and scarcely a living being,

> "Save the herdsman and his herd,
> Savage alike."

and an occasional wayfarer along the road. The marshes are bounded on the east by the chain of Apennines, on the acclivities of which are two or three towns (formerly the resort of banditti), and by Terracina on the south. The Circean promontory is seen for a considerable distance, and is the only striking object to attract the attention. Terracina is situate on

the shore, at the base of a bold and precipitous rock, washed by the sea, and where the marshes terminate. It was also formerly celebrated in the annals of *brigandage;* but those days are gone, and travelling is now as safe in Italy as in other civilized states of Europe, the governments having pretty effectually put a stop to the system of highway robbery, as it was formerly methodically pursued; and, when any thing of the kind now takes place, the idea and plan generally arise *à l'improviste* among some of the peasantry or idlers in the towns, if they think a favourable opportunity presents itself. As, however, a reward and pardon are generally offered to those who will give up their accomplices into the hands of justice, the perpetrators are almost always discovered. The couriers and diligences in Modena, the Romagna, and some other parts of Northern Italy, which are not quite so safe, are, however, still escorted by a dragoon riding on each side of the carriage.

The aspect of the few people seen at the post stations of the Pontine marshes, and of the towns at their extremity, is much less unhealthy than some years ago; the malaria not having been so destructive since the improved drainage, by which many parts are now rendered capable of cultivation.

Shortly after leaving Terracina, the traveller enters the Neapolitan territory, passing the custom-house at Fondi, which, as well as Itri, is a miserable town, where many of the male inhabitants, covered with ragged cloaks, stand idling in the streets, and looking as if they regretted the *bon vieux temps*, when some of their ancestors could levy forced contributions with

comparative impunity. Between Itri and Mola di Gaeta, the scenery is highly interesting. From this town, delightfully situate on the shore, a fine view may be enjoyed of the bay, with Vesuvius—

"Che fa col foco
Chiara la notte, il dì di fumo oscuro."

Hence the country is level and extremely fertile, being termed the Campagna Felice. Having passed through Capua, which, whatever might have been its attractions in the days of Hannibal (whose soldiers, we are told, were so captivated thereby, that they passed many months in slothful luxury), certainly does not at present offer very strong inducements for a prolonged sojourn—a long suburb is traversed, and the traveller drives to the quarter where strangers most do congregate, at the extremity of the Strada Toledo, which divides the city into two portions, extending from Capo di Monte southwards to the Capo dell' Uovo, a distance of near a league.

Naples has a south-eastern aspect. There are five principal entrances; that by the Bridge de la Madeleine, not far from the sea, is the most striking. Between it and the town is an extensive space, along which handsome buildings have latterly been erected, forming a fine approach. Continuous with the Porta Capuana is the Poggio Reale, a wide road ornamented with trees and fountains. The third entrance, del Campo, leads to the place appropriated to military exercises, whence a beautiful sea and land prospect is enjoyed. On the north is the grand entrance by Capo di Monte, passing the royal palace. On the western side, the grotto

of Posilipo forms the chief entrance, opening upon the Mergellina. "Descending the smiling hill of Posilipo," says Valery, "shaded and decorated by festoons of vines, and the graceful umbelliferous pine, we reach the shore of the Mergellina, a charming spot, so happily sheltered that it only loses its foliage one month in the year. The fishermen, remarkable for the beauty of their antique shapes, are also interesting on account of their laborious peaceful life, their domestic existence, their well-gotten wealth; they seem the virtuous troglodytes of the Neapolitan people." *

Naples is second only to Paris in the amount of its population; the crowded and bustling aspect of its streets contrasts strongly with the tranquillity of Rome. The author of a popular work gives the following account of the street population:—"The noise of Naples is enough to drive a nervous man mad. It would be difficult to imagine the eternal bustle and worry of the streets: the people bawling and roaring at each other in all directions; beggars soliciting your charity with one hand, while with the other they pick your

* This writer appears to have fallen into a considerable error in one respect, which it is surprising was not corrected by his English translator. He says, "Naples, the third city of Europe for population, has fewer foundlings by far than London or Paris, as may be seen from the following comparison:—At London, where there are 44,000 births, there are 20,000 infants *exposed*.—At Paris, with 29,000 births, there are 10,000 infants exposed.—At Naples, with 15,000 births, 2,000 infants exposed. Hence we find that the infants exposed amount in London to nearly half the births." The truth is, there are proportionately fewer foundlings in London than in any continental city—2,000 would be a much more likely number than 20,000.

pocket of your handkerchief; the carriages cutting their way through the crowd, with which the streets are thronged, with a fearful rapidity. It requires the patience of Job to carry on any dealings with the people, who are a most unconscionable set. Every bargain is a battle, and it seems to be an established rule to ask on all occasions three times as much as is just." *

The city is seen to great advantage from the water; the line of white buildings extending for miles along the shore, and rising one above another on the acclivity of the hill, the summit of which is crowned with the Castle of St. Elmo; the islands of Capri, Ischia, and Procida in the bay, with Cape Misenum on one side, Vesuvius and the coast of Sorrento on the other—are generally acknowledged to form one of the finest prospects in Europe. Most of the houses are lofty, and the streets narrow, of which the inhabitants experience the advantage in hot weather. With the exception of the Largo del Castello, in which are the palace and the theatre of St. Carlos, and of the space in front of the handsome new church, St. Giovanni e Paulo, built after the design of the Pantheon, there are no spacious squares or places. The parts fronting the bay, where strangers mostly reside, are the Santa Lucia, Chiatamone, Chiaja, and Strada Vittoria. The Public Garden of the Villa Reale extends along the Chiaja, between the houses and the sea, and is prettily laid out with shrubs and parterres of flowers, among which wind several shady walks, of which, however, there is a great

* Diary of an Invalid.

deficiency at Naples. The Castel dell' Uovo stands on a rock, which is only connected with the land by a drawbridge between the Chiaja and the port. The Mole always presents an animated appearance, both from the movement among the shipping, and also from the number of idlers there assembled, listening to an improvisatore, or a reciter of Ariosto, or laughing at the antics of Punch; their love for whom, which used to form a national characteristic, has, however, somewhat declined of late years.

Of the above-mentioned situations, the Santa Lucia is the least eligible for invalids, on account of its being more exposed to cold winds, which several of the houses are but ill calculated to exclude.*

The number of churches at Naples remarkable for beauty of architecture, or richness of interior decoration, is small compared with Rome or Venice. Those best worth visiting are the St. Giovanni e Paulo, the Santa Maria Maggiore, and the San Martino, which is extremely rich in paintings and precious marbles. It stands on the hill, close to the Castle of St. Elmo. From the balcony of the adjoining convent an enchanting prospect is displayed to the view—

"Earth one bright garden, one bright lake the sea."

The flat roofs of the houses, seen from this position, present a curious and novel aspect. Naples possesses within itself fewer objects of general interest than any

* Mrs. Carleton mentions, as one of the best positions, the Strada Sta. Therion, and the short streets that cut it at right angles, which are dry, sheltered, and not very noisy.

other Italian capital. The interior of the Royal Palace, which contains some good pictures, may be viewed by special permission, for which one or two dollars must be paid; but the most interesting public establishment, to which repeated visits may be made with satisfaction, is the Museo Borbonico, which almost equals the Vatican in the richness of its collection of statues, and contains, besides a picture gallery, the fresco paintings, mosaics, gold and silver ornaments, domestic utensils, Etruscan vases, &c., discovered in the excavations of Pompeii and Herculaneum. The process of deciphering the rolls of papyrus is extremely curious, and has of late made great progress.

Among the most celebrated statues may be mentioned those of Marcus Balbus, father and son, on horseback, found in Herculaneum; Agrippina, seated; several busts of gods and Roman emperors; a colossal Flora, Homer, Aristides—the latter also discovered in Herculaneum, and one of the finest specimens of the Grecian chisel extant; the Venus Callypige; the magnificent group of the Toro Farnese; the Hercules of Glycon, found in Caracalla's baths; and a large statue of our Saviour on the Cross by Michel Angelo. The cabinets of antique bronzes, of gems, the Etruscan antiquities, and vases, will also afford gratification for many an hour. In the picture gallery will be especially remarked Leo the Tenth between two Cardinals, by Raphael; a Landscape, by Claude; the Guardian Angel, by Domenichino; Titian's Danaë; a Child Sleeping near a Skull, by Guido.

Several splendid pictures are likewise contained in the Prince of Salerno's collection, among which the

Descent from the Cross, by Guercino; a Madonna, by Sasso Ferrato; Daniel in the Lions' Den, by Salvator Rosa; two fine large Landscapes, by the same painter; two magnificent Claudes (especially the one with water and a temple); a large picture of the Madonna and Child being crowned by Angels, by Guido —will more especially rivet the attention.

The Albergo dei Poveri is a fine establishment, containing a population of 6,000 souls, paupers and orphans. The men and boys on one side, the women and girls on the other, are employed in various avocations, as tailors, shoemakers, manufactories of linen and cloth, pins, type-foundery, &c. A chapel and infirmary for the sick form a part of the establishment.

There are at Naples four or five large hospitals. The principal one, the *Incurabile*, stands in the centre of the city, in an elevated position, and contains about 1,400 beds; the wards are of considerable length and breadth, clean, and tolerably well ventilated. As at the other Italian hospitals, patients are admitted on application, and are attended by *sœurs de la charité*, and subordinate male and female attendants. Small bleedings, frequently repeated, are a very general practice, as in other parts of Italy; and numerous sign-boards may be seen in the streets, at the barber-surgeons, representing the figure of a man with blood flowing in a full stream from the arms, legs, and neck. Stimulating, tonic, and laxative medicines are not frequently exhibited, but sedatives are more commonly used.

Though possessing most of the resources of a metropolis, Naples—which during the first few weeks' sojourn is so enchanting—is not in general a favourite

place of abode; when the environs have been visited, the town itself is not found to possess the attractions of Rome, or even of Florence, whose neighbourhood abounds in walks and rides, in which respect Naples is deficient. The continual view of the bay, the chief object of attraction, is, after a time, not unfrequently considered monotonous; neither is the society so agreeable as at Rome, which is also more suited to persons of contemplative or studious habits. These latter may, however, find scope for the indulgence of their taste in the Royal Library, annexed to the Borbonico Museum, and containing 250,000 volumes, with upwards of 1700 papyri found in Herculaneum. The Brancacciana Library contains 50,000 volumes. There is also a scientific library connected with the university. The Monte di Misericordia is an institution founded in the year 1600, for affording fixed relief to the poor; the debts of deserving individuals, if not exceeding 100 ducats, are paid, and poor patients are sent to the baths of Ischia at the expense of these establishments.

The manufactures at Naples are mostly silks, woollen, and cotton articles, carpets, paper, gloves, artificial flowers, glass, and crystal.

The environs of Naples can scarcely be surpassed for scenic beauty and interesting associations, whether you muse o'er Virgil's tomb, explore the stupendous grotto of Pausilipo, the ruins of Pozzuoli, the Lake Avernus, the classic shores Baiæ and Misenum—

> " Where Cæsars deign'd with revellers reside;"

whether you sail to the islands of Ischia, Procida, and Capri, or along the coast to Castellamare, and to the

orange groves of Sorrento; or whether, proceeding over fields of lava, you wander about the streets of Pompeii, the city of the dead, where—

" Radiant porticoes appear,
Halls that painted columns rear,
Courts where central fountains play'd,
Galleries that the noon-sun shade;
Here, Isis' mystic fane, and there
Each marbled structured theatre!
What though no roof the radiant courts enclose,
Fantastic figures beaming from below,
Along the rich mosaic brightly glow;
All that from Raphael's fairy pencil flows,
In graceful arabesques the walls adorn,
Wing'd nymphs that float in air, and wind the wreathed horn."

Sotheby's Italy.

The ascent of Vesuvius is practicable on mules for about a mile further than the hermitage. As this is a work of difficulty and labour, it should not be attempted by invalids, who, if desirous of ascending, should be carried up in a *chaise à porteur*. The last eruption has very much altered the aspect of the mountain. You have now to ascend to the summit over hardened lava, instead of through ashes and scoriæ, as was the case several years ago. The form of the crater is likewise so much changed, as to be no longer recognizable by those who had seen it in its former state. There is now no central crater, but the whole forms a regular funnel-shaped descent, with here and there several large fissures, through which sulphurous smoke and flame issue. The panorama of the city, the bay, its shores and islands, the chain of mountains, with Pom-

peii, which appears to lie immediately beneath, is one of the finest in the universe.*

The Neapolitans have more vivacity than the Romans. Most of the upper classes have but little general information, and, like those of Genoa, seem to care for little else than the enjoyment of the passing hour. Eustace, speaking of them (though his account would be somewhat overcharged if written at the present day), attributes the dissoluteness of manners to the enervating influence of the climate, the absence of moral principle, the facility of obtaining absolution, the formation of marriages from motives of *convenance*, the absolute nature of the government, which, by restricting the whole power in the sovereign and in the ministers, deprives the nobility of motives for exertion or employment. " Hence," says he, " without motive for exertion, they allow the nobler faculties of the soul, which have no object to engross them, to slumber in lethargic indolence; while the sexual appetites, whose indulgence is always within reach, are in full activity, and engross all their time and attention. Hence their days are spent in visits, gaming, and intrigue, and their minds are confined to the incident of the hour, the petty cabals of the court, and the vicissitudes of their own circle. They are never called to the country by the management of their estates, which they leave entirely in the hands of their stewards; they live in the capital, forgetting themselves and their duties in an uninterrupted vortex of dissipation, and have neither opportunity, nor perhaps inclination, to harbour serious

* A railroad extends from the city to Castellamare, and in the opposite direction to Capua.

reflection. Idleness, therefore, is the curse and misfortune of the Neapolitans, and, indeed, of all foreign nobility. It is the bane which, in despotic governments, enfeebles the powers and blots out all the virtues of the human mind. To it we may boldly attribute the spirit of intrigue which at Naples so often defiles the purity of the marriage bed, and dries up the very source of domestic happiness."

Among the middle classes information is more diffused, and literature and science are more cultivated. The state of medicine and surgery is higher than at Rome, and fully equal to that of Northern Italy. Most of the shopkeepers and lower classes are covetous and over-reaching, and the stranger will require to look pretty sharp in his dealings with them; so that the account from the "Diary of an Invalid," introduced a few pages back, holds equally good at the present day in this respect, and also as regards the picking of pockets. The lower orders are, however, mostly good-humoured, and quick at repartee, though passionate, and disinclined for more exertion than is sufficient to enable them to exist from day to day; and nowhere is the "*far niente*" better exemplified, both in the higher and lower ranks, than in the Neapolitan states.

The Lazzaroni may be said to exist no longer. Many of the lower class are exceedingly well-informed, and are able to go through a great deal of hard labour.

Of the Neapolitans, as compared with the Romans, Mrs. Carleton observes, "Naples is the worst for pilfering, Rome is the worst for villainy. The Neapolitans are a good-natured, lying, and thieving population; the passions of the Romans lie deeper. The Nea-

politans stab less because they chatter more; and their irritability is partly expended in abuse."

As far as I have been able to observe, I think the bad character which she gives the Romans is exaggerated.

The climate of Naples, though perhaps the driest in Italy, is at times exceedingly changeable with respect to variations of temperature; the variations being great, frequent, and sudden. The hills behind the city are not sufficiently high to protect it effectually, and the thermometer often sinks below the freezing-point. Cutting winds prevail, especially in spring; the Sta. Lucia is particularly exposed to their influence, while at the same time the sun has great power, rendering invalids extremely susceptible. "Naples," observes M. Carrière, "is expanded along the shore, and its extent becomes more and more circumscribed towards Capo di Monte. Its general form is that of a vast triangle, the base of which rests on the shore of the bay, the apex being the hill at the extremity of its principal street. The two sections along the shore represent two semicircles, with the central quarters at their back: they have not consequently the same aspect. Thus, the hilly (western) side presents its concavity to the west-north-west; the other looks more towards the south-east. The former is exposed to the mistral, which blows powerfully along the quays of the Mergelline to the borders of the Sta. Lucia quarter. It is no longer felt at the entrance of the Strada Toledo. The long ridge of Pausilippo, that which fills the space between the shore and the Capo di Monte, forms a tolerably efficient barrier against the north; the north-east passes between the Capo di

Monte and the Capo di Chino; the east finds an obstacle in the Somma. The south-east and south sweep along the maritime acclivities of Vesuvius, or across the bay from over the mountains of Castellamare and Sorrento; consequently the least frequent winds are the east, the south-east, and the north, and the most frequent are those from the sea and the shores, where nothing opposes their passage, or even moderates the intensity of their action. The prevalence of northern winds in proportion to southern, may be estimated as six to nine."

De Renzi states that autumn is generally the rainy season; the largest quantity of rain falls in November and October. In December, when there is a preponderance of the northern winds, there is commonly but little rain; the weather being clear. January is even a drier month than December. The driest months of the year are July and August; storms are not of unfrequent occurrence. The south-west wind brings clouds and rain. The south and south-east (*ostro* and *sirocco*) produce very analogous effects, inundating those exposed to their influence with a warm and invisible vapour, which, while it penetrates, depresses the muscular energies and the mental powers. In a moral point of view, it perfectly explains the Neapolitan inertia, and the quiet fatalism of eastern populations. The north-west wind is severely felt in the Sta. Lucia quarter; it is somewhat moderated in the Villa Reale and the Mergelline, or is cold and not often dry, as it is elsewhere, on account of its passage over the sea.

Hail and snow are occasionally seen at Naples. The

frequent variations from dryness to moisture, and from warmth to coldness, favour the disengagement of electricity. The mean annual temperature of the city is 16·5; the mean of winter is 9·8; spring, 15·2; summer, 23·8; autumn 16·8. The maximum of temperature is 38·7; the minimum is 5° below zero. The western winds modify the local influences; so that, notwithstanding the rapid transitions in the condition of the atmosphere, the thermometer seldom rises very high or descends very low.*

Professor Wagner, in his appended observations on climate to Förster's Italian Guide, says—"Naples is exposed to all winds, hence the summers are not so hot. In winter, the thermometer is often some degrees below 0°. At the end of autumn and in spring, cold and showers are frequent; the average number of rainy days is 80; of which 30 in autumn, 24 in winter, and only 8 in summer. The number of clear and serene days amount to 90; that of cloudy ones, to 70; and of the variable to 120. Hail is tolerably frequent. In winter, Naples is exposed to south and south-west winds, which bring rain. In summer, the north and north-east predominate. The daily range of temperature is greater than at Rome."

As may be inferred from the above accounts, Naples is not suited to invalids labouring under severe pulmonary disease. In chronic bronchial cases, with but little general or local excitability, and accompanied by free expectoration, the first two months of winter

* Topographia e Statistica Medica della città di Napoli, 1845. This accords pretty nearly with the statement in the Appendix.

might, however, generally be passed with advantage in this climate, which suits also those nervous and dyspeptic patients, where there is atony or torpor of the functions, with depression of spirits. Those whose general health is disordered from a residence in tropical climates, but without existing disease, may usually pass the winter very well at Naples. It is, however, too exciting for gouty patients of an irritable or plethoric habit; neither is it well calculated to benefit those suffering from rheumatic affections. Neuralgic complaints are not unfrequently relieved; such patients should be careful to avoid exposure to cold winds.

The sirocco is more severely felt than elsewhere in Italy. The weather during April and May is generally delightful, though in the latter month, heat in the middle of the day is so great, that scarcely any body is to be seen in the streets, most of the inhabitants taking their siesta, in order to appear in the evening.

Mrs. Carleton does not speak favourably of Naples as a *residence*, having, as she says, "defects that can hardly be compensated by its surrounding beauties; the climate is changeable, the rains abundant, the water bad, the gnats innumerable, the noise incessant, the baths limited, the language detestable; in all which respects, except rain, it is the opposite of Rome—in cheapness and masters inferior, and only equal in roguery.

"The coolest and pleasantest summer residence in the neighbourhood of Naples is Sorrento. Castellamare is also one of the most beautiful places near Naples, but it is also the dampest, being placed on the

side of a hill, covered with high trees from the foot to the summit. These cool groves are intersected by delightful walks, in which respect it is superior to Sorrento, where the pedestrian toils along narrow, hot, and dusty roads, shut out from the garden of the Hesperides by stone walls; but then it has the advantage of Castellamare in rides. The latter is not only damp but dear, being the most fashionable of all the Neapolitan watering-places."

Of these localities M. Carrière observes, "The summer heat, so oppressive in Southern Italy, is tempered at Sorrento by the predominating influence of the northern winds, which blow almost without interruption during the dog-days, and maintain the air in an agreeable state of coolness. At Castellamare, the mountains being near to the sea, there is less freshness, and more rain-bearing clouds. Castellamare is nevertheless celebrated for the purity of its air. Galen praised the salubrity of Stabiæ, anciently a summer place of abode, of which Castellamare now occupies the site. In cases of general debility, Sorrento would be preferable. Castellamare would be more favourable to derangements of nervous sensibility, resulting from the fatigue consequent upon the pursuit of pleasure, from over exertion of the mind, or from the annoyances of business."

The mineral springs of Castellamare are frequently used by the summer visiters. Their medicinal virtues were celebrated by Galen and Pliny. The principal springs are the Aqua-media; the Sulphuro-chalybeate; the chalybeate of Pozzano; the Acetosella; the sulphurous water of Muraglione. The Sulphuro-chalybeate resembles in some measure the Pyrmont water,

and is employed in atonic and lymphatic habits. These waters have a temperature varying from 12 to 16 R.; they are but slightly gaseous; the Muraglione being the most so. The Aqua-media is aperient; a pint contains 18 grains of muriate of soda, 6¾ sulphate of soda; 7½ muriate of lime; 2½ bi-carbonate of soda, with minute proportions of bi-carbonates of magnesia, lime, silex, &c. The Muraglione contains 42 grains muriate of soda, with small quantities of the bi-carbonate and sulphate, altogether 72 grains to the pint. The amount of saline matter in the chalybeate is 47 grains to the pint (of which 16 muriate of soda); the Sulphuro-chalybeate, 64 grains (of which 36 muriate of soda); the Acetosella does not contain more gas than the others, but less salts, on which account its presence is more perceptible.

These waters are applied to meet various indications; the Media, in visceral obstructions, and abdominal congestion, hemorrhoids, amenorrhœa, &c.; the Muraglione in the same class of cases, where a less energetic action is required, and in nervous complaints; the Acetosella in renal affections, calculous deposits, &c.*

At Naples there are two mineral springs rising from a dirty part of the beach, opposite Sta. Lucia, which are a good deal used for drinking, both by the higher and lower classes, in the summer; a string of carriages being frequently seen waiting, while the water is handed in turn to their occupants. The springs are both cool: one of them has a slight sulphurous impregnation. The sulphuretted hydrogen, however, speedily

* Les Eaux de Castellamare, par Dr. de Rivaz, Naples.

escapes after the water has been drawn from the spring, and the saline substance is in very minute quantity. The other, or Aqua-ferrata, is, as its name implies, a chalybeate spring. It has not an unpleasant taste, but the saline and ferruginous impregnation is very slight. Each pint contains about seven cubic inches of carbonic acid gas. It may be useful in some forms of dyspepsia from debility of stomach, and as a refreshing drink in summer, though its medicinal properties would be but inefficient in most cases where tonics are required.

The most powerful and efficient waters in this portion of Europe are, however, those of the island of Ischia, situated between the bays of Gaeta and Naples, from which it is distant seventeen miles, and three miles from the small island of Procida. The nearest point of land is Miniscolo, whence the island may be reached in two hours and a half.

Ischia is the largest and most beautiful of the islands near Naples. It is fifteen miles in circumference; its length from east to west is five miles; its breadth from north to south three miles. Seen from the mainland, or from the sea, its aspect is that of a pyramid, majestically rising out of the waves. This appearance is caused by the volcanic mountain Epomee, which is not more than half as high as Vesuvius; its summit is but the termination of ground gradually rising in plateaus from the sea, covered with the richest vegetation. The towns of Ischia and Foria have not a very favourable exposure, being on the shore, and exposed to the south and west. Casamicciola, on the northern acclivity of the Epomee, a little way from the sea, is the

usual place of resort. It is a cool and agreeable residence, the air being even more fresh than at Sorrento or Castellamare.

From the summit of the Epomee, where there is a hermitage (St. Nicholas), the view extends over a panorama, comprising more than eighty miles in circumference, from Cape Circello to Capri and Vesuvius, including the towns and villages along the shore of the bays of Naples and Baiæ, with the range of the Abruzzi mountains in the background.

Besides the Epomee there are several other extinct volcanoes in the southern and western portions of the island. "The soil of Ischia," observes Dr. Chevally de Rivaz, "being volcanic, and the fires which produce it not being entirely extinct, but still manifesting themselves by smoke, or by warm aqueous vapours which escape from the base and sides of the Epomee, and also by the subterranean heat, which in several parts is very perceptible, it may readily be conceived, that the waters which are there found would be more or less hot and charged with mineralizing principles; and in fact there is no place so rich in this respect; the temperature of all the springs observed varies from 25° to 80° R. The most used are Pontano, the Bagni d'Ischia, Castiglione, Gurgitello, Cappone, Bagnofresco, La Rito, St. Restituto, San Montano, Francesco I^mo. Citaro, Olmitello, and Nitroli. The greatest number of these springs rise in the northern part of the island, principally in the neighbourhood of Casamicciola.

"The chief productions of the island are grapes, figs, and other fruits. The oranges and lemons are finer than on the mainland. The wood of chestnut trees

on the slopes of the Epomee afford a grateful shade. Excellent milk is supplied by the numerous goats on the island. The population amounts to about 25,000 souls, two-thirds of whom are cultivators of the soil; the rest being artisans, sailors, and fishermen. Their manners are simple; they are industrious and hospitable. Many antiquities have been found on the island, most of which are transferred to the museum at Naples.

The Aqua Pontana has a temperature of 27°; its action is solvent and alterative; it is employed (internally) in chronic affections of the respiratory apparatus, in visceral congestion, and languid action of the digestive organs, jaundice, &c.

The Bagni d'Ischia have two springs (Fornello and Fontano); their temperature is 44°; they contain a larger quantity of salts (muriate of soda). They are employed in all cases where an accelerated circulation through the surface is required, especially in paralysis, long-standing obstructions of the liver or other viscera, rheumatism, chronic, cutaneous, and scrofulous diseases. This water is employed both externally and internally, but chiefly in the form of baths and douches.

The Castiglione spring rises on the sea-shore at the base of the promontory of the same name (temp. 30°). Its action is purgative, and is not unlike the Tettuccio of Monte Catini, being employed against disorders of the digestion, hæmorrhoids, hypochondriasis, &c.

The Gurgitello is the most celebrated of the waters of Ischia, and the most employed of those in the environs of Naples. Several springs of this water arise in the Vale of Ombrasco, on the northern side of the Epomee, and a few minutes' walk from Casamicciola;

the temperature is from 50° to 56°. There are at this spring several lodging-houses, and a large hospital for poor patients. The baths are supplied from three large reservoirs. There is also a reservoir for the mud deposited from the water, which is not unfrequently used in cases of disease of the bones. These waters are employed for the most part externally, and in the form of douche, in cases of paralysis, gout, rheumatism, visceral obstructions, scrofulous enlargements, and cutaneous complaints.

The Cappone rises close to the Gurgitello; its temperature is 28°; it is mostly used for drinking. The Bagnofresco has a temperature of 30°; it is but slightly mineralized, and is sometimes used as preparatory to the Gurgitello. The Rito has much the same qualities as the Bagnofresco; its temperature is 52°. The Restituto has a temperature of 40°, and is much more mineralized; it is used for baths. St. Montano (temperature 36°), is also used for baths. Francesco I^mo^ (36°), is used for drinking and bathing. The Citaro (42°), is cooling and laxative. The Olmitello (35°), and the Nitroli (24°), are but slightly mineralized.

About a mile distant from Casamicciola are the Stufæ de Castiglione, upon a hillock, composed of an irregular mass of blocks of lava, which advance into the sea. They occupy two small chambers, a superior and an inferior, the former being cut in the lava, about seven feet in height and breadth, and ten in length, having but one aperture—viz., the low door for ingress, with an air-hole above it for breathing. The Stufæ of Caccinto, of St. Lorenzo, and Testaccio, are but crevices in the hill-side.

These agents, by their powerful and prolonged action upon the skin, are very efficient in long standing and obdurate cases of gout, rheumatism, sciatica, chronic dropsies, scrofulous tumours, and enlarged glands, badly united fractures, paralyses, and inveterate cutaneous complaints.

Steamers leave Naples every few days for Sicily and Malta, making the voyage to Palermo in about sixteen hours. The view of Palermo from the sea, is second only to that of Naples. The city is situated along the bay, and occupies part of an extensive plain, encircled by verdant hills, partly sheltered from the east by Monte Catalfano, and from the north by the Monte Pellegrino. It is enclosed by walls, and defended by bastions and fortifications. Opposite the larger port is the battery of the Lanterna—the small port is likewise protected by a battery. Two fine long streets, crossing each other at the handsome Piazza Villena, divide the city into four quarters; one of these streets (Toledo), leads from the Porta Nuova to the Porta Felice; the other (Maquedo), leads to the Porta Vicario. There are sixteen gates. Among the principal public edifices may be specified, the Royal Palace, the University, the Jesuits' Church, the Ospedale Grande, the Theatre San Fernando, and the Monte di Pietà. The public garden commands an extensive prospect over the bay and adjacent country, embellished with numerous villas and gardens. Outside of the Porta Felice is the Foro Borbonico, a spacious area, paved and furnished with seats, and ornamented with a statue of the king. The Botanical Garden is also a favourite place of resort in the environs.

"The Sicilians," says Zuccagni, "are distinguished by great perspicuity and vivacity—the mildness of their climate renders them cheerful; they are passionately fond of music, poetry, and theatrical exhibitions, and have much elevation of character; the numerous charitable institutions bear evidence of their benevolent disposition. The rich and middle classes are addicted to magnificence and show."

The average winter temperature is higher than that of Naples; nevertheless, north winds are at times severely felt, especially in February and March. The climate generally is more agreeable than at Naples, on which account it has been more resorted to of late years. The accommodation is not, however, very superior.

"A mere traveller," says Mrs. Carleton, "would never suspect that the soft and balmy air of Palermo was unfavourable to diseased lungs; yet it is so, being of an exciting nature, but in a less degree than the treacherous breeze of Naples, which may be called irritating. However, the fatal malaria lurks in the surrounding country, and the admirers of fine scenery must not be tempted to lead a rural life in the beautiful spots that abound in the neighbourhood. With respect to accommodation, as Palermo is not the usual resort of invalids, they must not expect to find English comfort, English doctors, and snug lodgings. To conclude, notwithstanding the disadvantages that have been enumerated, those who have wintered at Palermo speak well of it; and the pleasantness and steadiness of its temperature, and the beauty of its situation, will always make it agreeable to visiters."

Possessing the advantages of an Italian climate, with

a higher temperature, and being less subject to great and sudden transitions than other places of resort, Malta has been a good deal frequented by invalids, ever since Queen Adelaide was induced to select it for a winter residence. The island is about sixty miles in circumference, eighteen in length, and twelve at its greatest breadth. Owing to the comparative want of high ground, it is not perceived on approaching, until within a few miles. The highest point is not more than 600 feet above the sea. This has been signalized by one of the Italian poets,—

"Giace Malta fra l'onda occulta e bassa."

Nature has provided the island with the finest and safest harbours known. The great Porto di Libera Pratica, encloses four others, wherein large fleets may anchor. There is also the quarantine ports. Malta has neither rivers, lakes, nor marshes; it possesses, however, no less than eighty fountains, as also many caverns and grottoes, containing fine stalactites and stalagmites. The most extensive of these is the grotto of Calypso.

The Maltese are said by Zuccagni to be strong, active, courageous, and sober. They are the most skilful seamen of the Mediterranean. Love of their country and of religion prevails among them, and though passionate, and somewhat suspicious, they are in general quiet and orderly. The females are mostly slim and of short stature, their countenance is animated and expressive, the eyes and hair black, and their general complexion slightly bronzed. They arrive

soon at maturity, and exhibit traces of age at a comparatively early period.

Eight principal roads traverse the island, two lengthwise, and six crosswise. Valetta, the capital, strongly fortified by nature and art, stands upon a peninsula between the two natural harbours, the Grande and the Marso-Muscetto. Three gates open from the fortifications; the Porta Reale, leading to the interior of the island; the Porta Marina, to the large port; and the Porta di Marso, to the port of the same name. The town is intersected by twenty-one streets, ten lengthwise, and eleven transverse, crossing each other at right angles; several of them are spacious and handsome, having foot-pavements. The principal street passes through the centre from the Porta Reale to the Piazza, in which stands the government Palazzo, whence it is prolonged by a steep descent to the Fort St. Elmo. The other streets pass over ground more or less uneven. Many of them are not carriageable; in some, flights of steps are cut. The Strada St. Orsola terminates in the Queen's Square, where are several fine buildings; another Piazza (Baracca) on the bastion of St. John, commands an extensive sea view. Malta possesses several public fountains, supplied by the aqueduct Vignacourt, which brings the water from springs at the western side of the island. Among the principal edifices may be specified the church of St. John Baptist, containing the Sarcophagi of the Grand Masters of the Order; the Jesuits' Church, St. Agostino; the Protestant Church; and the Palazzo Governatore, formerly the residence of the Grand Masters. It contains some good pictures, and an extensive armoury. The palace is

surmounted by a tower, formerly the observatory, now used for announcing the arrival of ships. It communicates with the public library, a fine building containing 40,000 volumes, and some antiquities found in the island. There are, besides, an exchange, a university, a theatre, a commercial palace, the union club, &c.

The mean winter temperature of Malta is 13° (somewhat lower than that of Madeira); that of spring, 17°; autumn, 19°. At certain periods, chiefly from the middle of September to the middle of October, and in the spring, it rains with almost tropical violence, mostly in the night. The sirocco, coming directly from Africa, is extremely oppressive and relaxing; it prevails especially in August and September, the ground being at this time parched up for want of rain. There is, moreover, a great deficiency of shaded promenades, which circumstance renders Valetta extremely disagreeable as a summer residence. The winter climate is tolerably equable; south winds sometimes prevail for several successive days. The predominating wind, however, is the north-west, which is agreeable. The air is generally pure and clear, and, except during the occasional prevalence of the north-east wind, the weather from the middle of October to the middle of January is delightful. After this, it becomes unsettled, and in the two following months is often tempestuous and rainy.

Dr. Liddell states the climate of Malta to be more especially suited to chronic bronchitis, asthma, scrofula, dyspepsia, hypochondriasis, and a generally disordered condition of health. It usually agrees well with elderly people.

The accommodation is very good, the houses excel-

lent. Villas, with gardens and orange groves, may also be obtained in the environs. The best parts for a winter residence are those with a southern and eastern aspect, near the Baraccas. Casal Lia, three miles distant, is, according to Dr. Liddell, a well-sheltered residence, adapted for pulmonary invalids, and close to the public garden of St. Antonio.

A recent medical writer on Italian climates in the *Lancet*, Dr. Burgess, observes—"Malta, which has long been a favourite resort for phthisical patients, stands prominently forward in the army reports as yielding a high mortality among the troops stationed there; nor is this to be wondered at, when we bear in mind that Malta is a rocky, partly undulating island, elevated in the centre, open and exposed on the south and east sides, and consequently the coldness and variableness of the weather, during winter and spring, are experienced to their fullest extent. In autumn, the sirocco becomes frequent; in winter and spring, fresh breezes from every point of the compass are common, which occasionally increase to a heavy gale. Almost every person affected with pulmonary complaints, complained of the depressing effects of the sirocco."

Dr. Davy remarks, however, with reference to this point, in his work on Malta and the Ionian Islands (1842), that though the troops are subject to tubercles, the natives are comparatively exempt, as also the English residents. He ascribes the prevalence of disease among the troops to irregularities of living, and the frequent vicissitudes of temperature to which they are exposed on sentinel duty, in hot barracks, and guard-rooms.

CHAPTER XI.

ROAD BY ST. GERMANO TO ROME—MONTE CASINO—FROM ROME TO FLORENCE BY PERUGIA—BOLOGNA—PARMA—MILAN—THE LAKES—ROUTE TO VENICE.

On leaving Naples to return to Rome, the traveller, who has already passed by Terracina and the Pontine marshes, will be gratified by taking the route through Caserta—visiting its palace and modern aqueduct *en passant*—to Capua. The fine amphitheatre stands by the road-side, three miles from the town, and, though larger than those of Verona or Nismes, is not nearly in such good preservation, a great part of the outer circle being in ruins. Like the Coliseum, it is constructed of large blocks of travertino, without the use of either mortar or cement, their mere weight being sufficient to keep them together. A little beyond Capua, the road to Rome by St. Germano, the ancient Via Latina, branches off to the right from that by Terracina, and is thirty miles shorter. The country is likewise more beautiful and interesting, and, on approaching St. Germano, is highly picturesque. This town lies at the base of a rocky pinnacle, crowned by a ruined castle, and at the extremity of a fertile plain, enclosed by mountains. High up on the mountain, immediately behind

it, stands the celebrated Benedictine Abbey of Monte Casino, which forms a striking feature in the distant view, and is a principal inducement for travellers to take this route. You ascend by a steep and stony road (in many parts cut into steps, and only practicable for pedestrians and mules), through immense detached masses of blnish rock, with which the side of the mountain is covered, and between which grow tufts of long rank grass, forming a chaotic and indescribably curious scene. It requires an hour's good walking to reach the abbey, and few scenes can compare with that which is exhibited from the platform. The desolateness and the wild sublimity of the mountains, grouped together in a variety of forms, and enclosing, as in a frame, the plain and town of St. Germano, will leave a lasting impression on the mind. The abbey is a splendid quadrilateral edifice, its several parts being built round five spacious court-yards: the cells are neatly fitted up. There is a collection of pictures, and the library is large, and contains many valuable published works and manuscripts.

The church is richly endowed, and is resplendent with paintings and precious marbles. It contains also some fine specimens of carved wood-work. The number of monks amounts to about forty: and there is a seminary of eighty boys and young men, who are educated for the priesthood. Travellers are boarded and lodged for a few days: some remain for several weeks as inmates of the abbey. Ladies are permitted to see the church, but, as in other monasteries, are not permitted to enter the rest of the building—

The view, however, from the summit of the moun-

tain, is alone sufficient to repay the trouble of the ascent. A minute description of the abbey, and of the objects of interest along the Via Latina, is given in the Guide Book.

On leaving St. Germano, you drive through a beautiful but thinly populated country, where scarcely a house is to be seen, except the half-way inn at Melfi. Before arriving at Ceprano, the frontier town of the Roman states, the traveller passes beneath the ancient fortress of Rocca D'Arce, on the summit of a rocky mountain, and afterwards through the old towns of Frosinone and Ferrentino, with narrow dirty streets, and a scowling, brigand-looking, pauper population. From Ferrentino to Valmontone the country is flat, deserted, and uncultivated, though the environs of Valmontone are interesting.

After leaving this town, you have to drive across twenty-five miles of the Campagna before arriving at the entrance to Rome, by the Porta Maggiore, which, having been recently cleared of the stones and rubbish by which it was encumbered, is now the finest gate of the city.

Those who have leisure and inclination may, by going a little out of the road, explore the ancient Volscian cities, Arpino and Arquino, the Isola di Sora, and the Pelasgic fortress of Alatri.

The road from Rome to Florence, by Perugia, branches off to the right beyond Baccano, and is much more interesting than that by Sienna, the country being diversified with hill and dale, woods, and cultivated lands. The towns and villages are cleaner, better built, and there is an air of greater neatness and comfort

among the people than elsewhere in the Papal territories.

Narni and Civita Castellana are placed on the edge of deep ravines, the precipitous sides of which are thickly clothed with trees and brushwood, and, seen from a distance, have a striking and picturesque appearance. The position of Narni is also very fine, lying on the edge of a rocky hill, and crowning a commanding eminence, at the base of which flows the Nar across which are seen the remains of an immense bridge, built by Augustus, it overlooks an extensive plain, surrounded by mountains, at the opposite extremity of which stands Terni, which is a neat, well-built town, in a delightful situation. The celebrated cascade, formed by the Velino, is about two miles distant, and is surrounded by scenery of the most interesting kind.

Between Terni and Perugia the country is agreeable and hilly. Crossing the mountain La Somma, the traveler descends to Spoleto, where a fine aqueduct, with lofty arches, stands near the road-side. At Foligno, a town of 12,000 inhabitants, the roads from Florence, Ancona, and Rome meet. Perugia is a large town, of great antiquity, standing on a steep hill. It is now comparatively deserted, its 40,000 inhabitants having diminished to 15,000. There were in less than 100 churches and 30 monasteries and nunneries. The principal square contains the public palace, and two or three other fine edifices. The frescoes in the exchange Cambio, by Perugino, merit notice. Perugia possesses Etruscan antiquities; a palace; academy of fine arts in the same building as the university; an archæological cabinet; a public library of 30,000 volumes, and

other objects of interest, so that a passer through might find agreeable occupation for a day or two.

Descending from Perugia, the traveller soon arrives on the classic shore of the lake of Thrasimene, and, a few miles farther on, skirts the base of the hill on which stands the ancient Etruscan city of Cortona (now a large dilapidated-looking town, with a population not exceeding 5,000), and shortly after arrives at Arezzo, likewise an ancient Etruscan city, now a neat town, the birthplace of Petrarch, whose house is shown, and possessing a fine cathedral. Beyond Arezzo the road passes through a beautiful country to Florence, following for the last few miles the windings of the Arno between cultivated and well-wooded hills. On leaving Florence for Bologna, shortly after having passed the handsome Porta St. Gallo, the traveller begins to ascend the "Alpestri Apennini," and soon enjoys a delightful view of the Val d'Arno, "girt by her theatre of hills." During a succession of ascents and descents, the road presents many fine views of mountain scenery. The prospect from le Maschere, of a valley encircled by mountains, grouped together in picturesque forms, is strikingly fine; as is also the view of the stern and rugged mountains near Covigliajo. At Loiano you again enter the States of the Church, and from a hill above the town may enjoy a view of the plains of Lombardy, bounded on the north by the chain of Alps, and of the two seas:—

> "D'Italia quanto il Po ne irriga, e quanto
> L'Apennin, l'Alpe, e d'Adria il mar ne serra."

More wooden crosses will be seen on the road-side

between Florence and Bologna than in any other part of Italy. They must not, however, always be regarded as "memorials frail of murderous wrath," but indicate the spot where any accident attended with loss of life has occurred. Shortly after leaving Loiano, you descend to the plain, and arrive at Bologna, situated at its southern extremity.

The city has a population of about 70,000 souls; the streets are clean, and are lined with arcades, on which the houses are built. The principal square, containing the Old Palace, the church of St. Petronio (the patron saint), and other public buildings, with a fountain in its centre, embellished with a statue of Neptune, has a striking and antique appearance. The two leaning towers are ugly square piles of brick, standing close together, and inclining towards each other. Asinelli's tower is upwards of 300 feet high; a fine prospect may be enjoyed from its summit. It declines four feet from the perpendicular. The other tower is about half as high, and has a declination of eight feet. Bologna possesses a large and handsome theatre, and the *corps dramatique* is generally very good.

The collection of pictures, though small, is select, and contains several *chefs d'œuvre*, among which may be mentioned, as more particularly deserving attention, the Crucifixion, by Jacopo di Bologna; St. Bruno, by Guercino; the Conversion of St. Paul, by Ludovico Caracci; the Madonna della Pietà, and the Massacre of the Innocents, by Guido; the St. Cecilia of Raphael, and the Madonna del Rosario, by Domenichino. The Zampieri, and one or two other palaces, also contain a few good pictures.

The University, which in former times was crowded with students from almost all the countries in Europe, is now but thinly attended. Its having fallen off of late years, is partly to be ascribed to political circumstances, and also that foreign students are not admitted unless they be of the Catholic religion. The number, consequently, does not exceed five hundred. Among the celebrated men who studied at Bologna may be enumerated Valsalva, Malpighi, and Galvani. The building contains a museum of antiquities, a library of 80,000 volumes, and 4,000 manuscripts (among which will be remarked a copy of the work of Henry VIII. against Luther, with the autograph signature, *Henricus Rex*); museums of human, comparative, and pathological anatomy, and of natural history. In the former, is a collection of wax models of healthy and diseased structure, of the natural size. The specimens illustrating the Pellagra, and the Morbus Ceruleus, are exceedingly well executed, and serve to convey a tolerably accurate idea of these rare diseases. Bologna ranks high among the Italian schools of medicine. The most prevalent diseases are inflammatory and intermittent fevers, inflammation of the lungs and air passages, and rheumatism. Pellagra is not uncommon in the neighbourhood, less so, however, than in the Milanese.

Several of the churches contain good pictures, and other remarkable objects, duly noted in the guide-books. There are also superior paintings and frescoes in some of the private palaces. The Magnani is one of the most striking in an architectural point of view. The frescoes of Caracci, illustrative of the history of Romulus and Remus, remain in a good state of preserva-

tion. The Magnani library now occupies an immense locale in the St. Dominic convent; it contains upwards of 80,000 volumes; and an yearly sum is granted by the city for the purchase of new works. The inhabitants of Bologna, and indeed of the Romagna in general, are more vivacious and excitable than the rest of the subjects of his Holiness: not unfrequently giving the government considerable trouble by their turbulence and political tendencies. Notwithstanding this, they enjoy some special privileges distinct from the Romans. The character given by one of their poets of old,

> "Il Bolognese è un popol del demonio
> Che non si può frenar con alcun freno." *—

would not be, perhaps, altogether inapplicable to some of them at the present day. A recent writer expresses, however, a more favourable opinion of the citizens; but admits that disturbances and robberies are not unfrequent in the adjacent country.

"The inhabitants of Romagna present the purest type of the Italian race; slight, but well-proportioned forms, combining activity with muscular strength; to which advantages are added the mental qualities of intellectual vigour, aptitude for the arts and sciences, quickness of apprehension; love of their country, tenacity in maintaining the bonds of friendship, and frank hospitality towards guests; their strength of character and their courage have often rendered them victorious in battle, and inclined them to undertake hazardous enterprises. The rude and poor inhabitants near the Tuscan frontier, must not be confounded with those of Bologna; many

* Tassoni.

are engaged in the contraband trade, and want sometimes drives them to open robbery. The sad admission must be made, that upon the southern limits of the territory, the brightness of the Italian name is from time to time sullied by acts of open robbery." *

The Bolognese are not dependent on the state of the weather for walking exercise; for, besides the arcades in the streets, others, consisting of six hundred and forty arches, extend from the town to the church of the Madonna della Guardia, which stands on one of the lower Apennines, three miles distant from the city. These have been constructed by means of contributions from rich individuals, and from the associations of the professional, trading, and other classes of the community. From the principal arcade another branches off, leading to the Campo Santo, an extremely well-arranged and interesting establishment for burying the dead, opened some years ago. It is about a mile distant from the town, and comprises several acres of ground, planted with trees and shrubs, enclosed between elegant colonnades, lined with handsome tombs, statues, and marble monuments. There are likewise long covered passages and vaults beneath the pavement, with spaces partitioned off for interment, as in the catacombs. Among the monuments will be remarked one erected to the memory of the female professor of Greek, the last of the female professors who taught in the University.

Except to those of literary and scientific tastes, Bologna would not present much inducement for a prolonged sojourn. There is but little society beyond

* Zuccagni.

occasional *soirées;* a large proportion of the upper classes pass their evenings at the theatre. The winter climate is bad, from the situation of the town at the northern base of the Apennines, by which it is in great measure excluded from the advantage of southerly influences; the air is consequently often damp and cold, the mean winter temperature being 31·5, about the same as that of Paris; the mean of summer is 24°; the average number of rainy days in the year is 97, according to Schouwr's tables; the whole amount of rain being but 19·3 inches less than any other town in Italy.

Soon after leaving Bologna, the traveller enters the fertile territory of Modena. The town consists chiefly of a handsome wide street, whence a few short streets branch off on either side. The palace is a fine regal structure; its gallery contains several pictures by the first masters. The public library (the celebrated Biblioteca Estense) contains 90,000 volumes, and 3,000 manuscripts, several very valuable ones of Tasso and Dante. The Lapidarium Museum comprises Roman sarcophagi, and many other antiquities. The cathedral, with its handsome steeple, is worthy of a visit. The bucket, taken from the Bolognese, and immortalized by Tassoni's Sacchia Rapita, is still exhibited.

Reggio is a cheerful-looking town, where the chief objects of interest are the church of the Madonna della Ghiara, containing several good pictures; the Lyceum, with the Spallanzani Museum of natural history (this great naturalist having been born in the neighbourhood); the Theatre of Chemistry and Physics, and the Academy of Fine Arts. There is also a good theatre, and a library of 50,000 volumes. The lower classes in this

small state, are remarkable for their beauty. Parma is a large town, with a comparatively small population. The principal streets are wide and well paved. In the gallery are some of the *chefs d'œuvre* of Correggio, whose frescoes embellish the cupola and walls of the cathedral of St. John and other churches. Here are likewise the true colossal statues, Hercules and Bacchus, found in the Cæsars' palace at Rome in 1784. The great Theatre Farnese, capable of holding 6,000 spectators, is now in ruins; the opera-house, erected by the late Duchess Maria Louisa, is, however, a handsome and commodious structure. The university has numbered many professors of high repute. The hospital contains four hundred beds; the wards are lofty and airy, but, like others in Italy, are too spacious to admit of being properly warmed in winter. The public library is a handsome edifice, containing upwards of 100,000 books, and 4,000 manuscripts. The old ducal palace; Petrarch's house; the Steccata (the finest church)—are also among the most interesting objects in the town. There are at Parma several charitable institutions; one of them, the Congregazione Pietosa della Carità, was formed as far back as the fifteenth century, for the relief and medical assistance of the poor. One half of its members are ecclesiastics, the other half is composed of nobles and citizens. Two members of the society are attached in rotation to each district of the town and its environs, whose duty it is to seek out and relieve those who need assistance. The medical duties are performed by physicians and surgeons, who are elected every three years. The affairs of the society are arranged by a committee of twelve members, six secu-

lar, six ecclesiastical, who are divided into pairs, each pair having a particular department to superintend.

Beyond Piacenza, the traveller crosses the two branches of the Po upon bridges of boats, and is reminded, by the custom-house on the bank, that the river is the boundary of

"Fruitful Lombardy,
The pleasant garden of great Italy;"

in passing through which, however, he will scarcely fail to notice the unhealthy aspect of the peasantry, who are very liable to fevers and other diseases, which are chiefly to be ascribed to the irrigation and cultivation of the rice field.

Milan has more the appearance of a capital than any other city in Italy. The houses are lofty, the streets clean, wide, lined with showy shops, and paved in the centre with strips of flag-stones, on which the carriages roll smoothly along. The throng of well-dressed pedestrians, and the number of handsome equipages, indicate the prosperous condition of the inhabitants. Milan, however, contains but few objects calculated to interest the majority of travellers. The only public edifice conspicuous for beauty is the cathedral, the whiteness of which dazzles the beholder; and the numerous pinnacles, each crowned with a statue, produce a rich and novel effect. The view from the spire of the extensive plains, with their stupendous northern barrier,

"Alps on Alps in clusters swelling,"

and of the long line of Apennines, stretching southward till lost in the distance, is strikingly magnificent. The

interior is of the finest order of Gothic architecture; its richly stained windows add greatly to the general effect. Beneath the altar is the rich subterranean chapel, containing the body of the great benefactor to his country, St. Charles Borromeo, clothed in canonicals, enriched with precious stones. St. Ambrose, and several of the other churches, will well repay the trouble of a visit.

In the collection of pictures at the Brera, will be remarked, among other superior productions, Abraham and Hagar, by Guercino; St. Peter and St. Paul, by Guido; the Last Supper, by Rubens; and two landscapes, by Salvator Rosa. The Brera library contains 170,000 volumes, and is the best furnished of all the Italian libraries with modern works of science, travels, and natural history. There are likewise 1,000 manuscripts, and a handsome cabinet of medals. The Ambrosian library possesses 60,000 volumes, and 10,000 manuscripts.

The theatre of La Scala is, after St. Carlo, the largest in Italy. The boxes are so constructed, and furnished with blinds, as to screen the occupants from observation. It is the custom at Milan, more than elsewhere, to receive company in the boxes. The operatic *corps* is not generally very superior, but the *ballets d'action* are extremely well got up.

The handsome triumphal gate, commenced by Napoleon, was completed a few years ago, and is one of the objects best worth visiting. On the esplanade, near it, is a modern amphitheatre, large enough to contain thirty thousand spectators, in which chariot races, in imitation of those of antiquity, occasionally take place.

The Porto Orientale forms a handsome entrance to

Milan on this side, and is a fitting adjunct to the Corso, one of the finest streets in the world.

The Spedale Grande is one of the largest hospitals in Europe; its *façade* measures nine hundred feet, and it encloses several court-yards. The number of patients is about a thousand, though nearly twice as many could be accommodated. As in most of the other Italian hospitals, there are a few separate apartments for those who can afford to contribute towards their maintenance. Most of the articles for the use of the patients, as bread, bedding, blankets, clothes, &c., are manufactured within the hospital. The treatment of disease appears to me to be rational, and is less based upon exclusive theories than upon the observation of symptoms, and the special indications in individual cases.

The hospital for the insane is situated about a mile from the town, in a locality where considerable humidity must prevail, from the numerous canals for irrigation. It contains about five hundred beds. Many of the patients are employed in works about the establishment, as gardening, carrying water or wood, the manufacture of articles of clothing, shoes, &c., the women in knitting, spinning, and similar avocations. The remedial means principally adopted, in cases where a high degree of cerebral excitement exists, consists in the occasional abstraction of blood, laxatives, baths, and sedatives, especially morphine. Several of the inmates had large goîtres, and in many mental alienation had supervened upon repeated attacks of pellagra. This disease, of which the hospitals contain numerous specimens, may be considered as endemic in Lombardy. It is characterised by general derangement of the nervous

and digestive apparatus, with hypochondriasis, and frequently a propensity to suicide, or to destroy others, especially children. There exists at the same time a chronic inflammation of the skin, more particularly affecting those parts which are most exposed to the action of the sun, as the neck, hands, and arms, which become covered with a dark brown scaly eruption. The disease was unknown before 1778: it generally occurs in spring and summer, many individuals being affected at these periods during several successive years, who become comparatively well as the summer advances, and usually terminates, after repeated attacks, in paralysis, visceral disorganization, or mental alienation, and is confined to the poorer classes, who are badly clothed and fed; being more common among the inhabitants of the mountainous districts about Como and Bergamo than those of the plain. The causes of this disease are enveloped in considerable obscurity. The use of bread badly baked, or made with damaged Indian corn, which is customary among the peasantry of these districts, has been enumerated by medical men as one of its causes; but, in all probability, more depends upon the locality in which they live than upon the quality of their food, as the patients generally become better if their residence and mode of life be changed.

Many individuals among the higher classes of the Milanese are well informed, and are fond of study and of travelling. Most of the women are tall and have finely-formed features: they have for the most part adopted, as in other large towns, the French mode of dress, which has almost entirely superseded the grace-

ful and becoming costume of the middle and inferior classes.

The climate of Milan in winter is cold and damp, and occasionally foggy, which may be ascribed to its propinquity to the Alps, and to the irrigation of the rice-fields, with which the neighbourhood abounds, and which is a fertile source of fevers of all types. Thoracic inflammation, phthisis, rheumatism, and disorders of the digestive organs, are the most prevalent diseases. Scrofulous complaints and large goîtres, are also very common. More rain falls in this part of Italy than in the southern portions, which circumstance is thus referred to by M. Carrière :—"It seems somewhat extraordinary that continental (northern) Italy should have more rain than the maritime portion, which is comprised between the two seas. But this part is covered with rivers, canals, lakes, and agricultural marshes, presenting altogether a very extensive liquid surface to those influences which render the air humid. In the next place, the plain is enclosed on three sides, and, by its configuration, is opposed to the movement of clouds, which carries off the rain and leaves the sky clear. In southern Italy the reverse of this takes place. It there rains more in autumn than at the other seasons, after which the weather is fine. In northern Italy the amount of rain is distributed throughout each season, and even throughout each month, with a certain uniformity. These differences of climate impress their stamp upon the population. The Lombards have not the dark complexion of the Italians; the women especially are for the most part paler, and the power of physical resistance is less developed. When this

effect is not corrected by free ventilation, it is manifested in the most marked manner, as seen in the morbid physiognomy of the inhabitants of the narrow valleys, enclosed by woods and containing lakes."

The drive from Milan to the lakes is highly interesting; the country is beautiful, fertile, and embellished with neat villas. Como is a pretty town, delightfully situated at one end of its lake, and surrounded on the land side by lofty verdant hills. The lake itself is enclosed between mountains, rich in vegetation, their sides being embellished with numerous villages; while towns and handsome villas skirt the shores. Of these latter, the villa Pliniana is the most remarkable. The most beautiful part is, however, at Bellagio, where the lake of Lecco joins that of Como:

"Sweet it is, to behold on either side,
The crystal flood divide,
Making an isle of that green eminence;
And watch the sails that flash'd on the far stream,
Now seen, now lost;
Like fire-flies glancing through the moonlight gleam,
As winds the current cross'd."

Sotheby.

A few days may be agreeably passed at Cadenabbia, nearly opposite to Bellagio. The villas Somariva and Melfi, in the neighbourhood, will well repay the trouble of a visit. The galleries, cut through the rocks for several hundred feet along the edge of the lake near Varenna, forming part of the new road leading to the Stelvio, will likewise be visited with interest. This road branches off to the right before arriving at Chiavenna, at the upper end of the lake, and where the ascent of the Splugen commences.

The scenic features of the Lago Maggiore differ materially from those of Como. The lake itself is much wider, and the mountains at its upper part are more bold, lofty, and rugged, than those which enclose the lake of Como; but, on advancing to the south, become softened down into gently rising hills, covered with vineyards and corn-fields, while numerous towns and hamlets lie at their base, adorning the shores. The Borromean islands, seen from a distance, have a pleasing effect, and, with the distant Alpine range, add to the variety and interest of the scene.

At Arona will be visited with interest the colossal statue of S. Carlo Borromeo, placed on an elevation commanding an extensive view of the lake, and perceived from a considerable distance. Arona is the landing-place for travellers proceeding to Turin or Genoa, and who wish to avoid entering the Austrian territory at Sesto Calende, situated at the extremity of the lake. Steamers ply daily on these lakes, touching at the principal points. The most agreeable period for a temporary sojourn is in May and June, or in September and October. At the upper part of the Lago Maggiore, are the high-roads over the Stelvio and Splugen mountains. From the Lecco branch of the lake of Como, a delightful road leads to Brescia, where it joins the railroad from Milan to Venice, now nearly completed. The country around Bergamo is beautiful, and the town itself is interesting, celebrated for having given birth to some of the first singers who have charmed the capitals of Europe, among others Rubini. In the neighbourhood is the small lake of Isea, which, though seldom visited, is well worth

while. Brescia contains 40,000 inhabitants, and will repay the delay of a day. The lake of Garda, navigated by a steamer, presents some fine scenery; the road at its upper extremity, from Riva to Roveredo, leading to the Italian Tyrol, is highly picturesque. Passing by the fortress of Peschiera, on the direct road from Brescia, the traveller arrives at Verona, one of the handsomest towns in Italy, and doubly interesting from its historical monuments, and from its Shaksperian associations. "Verona, with its tower flanked walls," says Valery, "its embattled bridges, its long wide streets, and its reminiscences of the middle ages, has an imposing air of grandeur. Such a city was fit to be the abode and capital of this Can. Grande della Scala, the Augustus of the middle ages, who welcomed to his court Dante and other proscribed poets and authors. The tombs of the magnificent lords of Verona, a species of long gothic pyramids, surmounted by the equestrian statue of each prince, are some of the most curious ornaments of the town."

The amphitheatre is one of those best preserved; it was capable of containing 30,000 spectators, but is now neglected, being frequently used for equestrian and other exhibitions. The tomb of Juliet is shown, though its authenticity is doubted. Valery, further referring to Dante, observes, "that it is extraordinary this great poet, to whose genius the pathos of the story of Romeo and Juliet was so suitable, has said nothing about them, though he speaks so eagerly of the Montagues and Capulets;

'Vieni a veder Montecchi e Cappelletti.'

Purg. vi.

"Dante and Shakspeare seem to meet at Verona, the one by his works, and the other by his misfortunes; and the imagination delights in bringing together these two great geniuses, so tremendous, so creative, and perhaps the most astonishing of modern literature." The churches, the celebrated Canossa, and two or three of the other palaces, will afford some interest to the visiter. They do not, however, contain many good pictures.

Vicenza, with its Palladian churches and palaces, is deserving a brief delay before proceeding to Padua, "renowned for sciences and arts," which, however, as compared with Verona, has but a sombre aspect. The population is upwards of 40,000; most of the houses are built upon arcades, as at Bologna, so that exercise is not impeded by wet or hot weather. Two or three of the churches, the palace of the Podesta, and one or two other public edifices, may be visited with interest, but Padua contains little to delay the majority of travellers. The Pedrocchi café, one of the finest in Europe, is the most usual point of reunion.

The university, which formerly enjoyed the highest reputation, is still one of the first in Italy, several of its professors of late being justly celebrated. Among other collections, it possesses a fine cabinet of natural history; and an observatory, distinguished by Galileo's discoveries. The library contains 70,000 volumes, occupying the spacious hall of the Giants and Emperors. The walls are covered with portraits of great Romans from Romulus to Cæsar, next to whom comes Charlemagne.

About two miles distant from Padua is Arqua, the

burial-place of Petrarch, charmingly situated among the Euganean hills. The house occupied by the poet commands a delightful view. His chair, table, and favourite cat, stuffed (though the authenticity of this last is doubted), with other relics, are shown to visiters. The place has been thus referred to by a more modern poet:—

"E'l bel colle d'Arquà poco in disparte
Che quinci il monte, e quindi il pian vagheggia;
Dove giace colui, nelle cui carte
L'alma fronda del sol lieta verdiggia,
E dove la sua gatta in secca spoglia.
Guarda dai topi ancor la dotta soglia."

Tassoni.

The tomb, in an open place adjoining the house, of red marble, supported upon four columns, has been likewise adverted to by Lord Byron, in the beginning of his cantos.

"There is a tomb in Arquà rear'd in air."

CHAPTER XII.

VENICE AND ITS CLIMATE—PASS OF AMPEZZO—THE SIMPLON—THE HAUT VALAIS—AIX LES BAINS—MONT CENIS—TURIN—ROUTE TO NICE BY THE COL DI TENDA—FROM GENEVA TO BASLE.

THE junction of Venice to the mainland by means of a railroad, is not unlikely to restore it to somewhat of its former prosperity, though it has suffered by the course of recent political events. The lagoons, or shoals upon which the city stands, formed by the earth deposited from the rivers, which, descending from the Alps, empty themselves into the head of the Adriatic, may, as a traveller has observed, be compared, with reference to this sea, "to a side closet shut off from a room by a partition." This partition, which divides it from the open sea, is composed of different pieces with apertures between them, which, if we pursue the same comparison, may be considered as so many doors; and in a line with these openings, though not uniformly straight, are the channels by which vessels approach Venice. The largest of these channels, or the Grand Canal, is crossed by one bridge, the Rialto, the only other communication between the two parts being by means of gondolas; and, as the same author further observes, the city itself "may be considered as divided

into two principal parts, made up of small islands, and each part separated from the other, except at this bridge. The different shoals constituting the two great separate parts, are again connected by smaller bridges, which cross the canals by which the numerous islands are formed. These bridges are frequent, and, being very steep, they are cut into easy steps; hence, in walking about Venice, you are constantly going up and down flights of steps. The Rialto, being the highest bridge in the town, is also the steepest. The small canals, or *rii*, as they are termed, which are crossed by these bridges, are the water streets of Venice; but there is no part of either of the two divisions to which you may not also go more directly by land through narrow passages called *cale*. These *cale* may be considered as an unfavourable likeness of Cranbourne-alley and its cognate lanes. There are besides several small squares, called *campi*, or fields." *

The above quotation will serve to give a good general idea of Venice, of which the aspect of parts is familiar to many who have not visited it, from the accurate representations in Canaletti's pictures. The appearance of the city, which seems to arise from the water on approaching from the main land in a gondola, and the entrance by the Grand Canal, are eminently calculated to strike the traveller

> "Che Vede
> Di marmi adorne e grave
> Sorger le mura, onde ondeggiar le navi;"

as is likewise the silence which prevails, and is scarcely

* Rose, as quoted in "The Classic and Connoisseur in Italy."

interrupted save by the warning sound ever and anon uttered by the gondoliers on turning a corner; for singing, or the recitation of Tasso's verses, no longer constitutes a part of their vocation :—

> "No answering gondolier, at close of day,
> Takes up Medoro's tale or sweet Erminia's lay."

The most handsome palaces are built along the canal; some of them are almost literally "crumbling to the shore," and others are appropriated to the use of government, or let to strangers, there being few of the descendants of the old Venetian families now remaining, and those, for the most part, are in an impoverished condition.

St. Mark's Square will probably be the first spot to which the visiter will direct his gondola; this, being the only open place for walking, is thronged in the evening with the inhabitants and strangers, several of whom are dressed in the eastern costume, lounging beneath the arcades or in the *cafés*. This square is still, as indeed it has always been, celebrated as the scene of pageantry, and exhibitions both of joy and mourning :—

> "The sea, that emblem of uncertainty,
> Changed not so fast, for many and many an age,
> As this small spot. To-day 'twas full of masks;
> And, lo! the madness of the carnival,
> The monk, the nun, the holy legate mask'd!
> To-morrow came the scaffold and the wheel,
> And he died there by torch-light, bound and gagg'd,
> Whose name and crime they knew not."—*Rogers.*

The church, occupying one end of the square, is of a

mixed style of architecture, and is surmounted by five domes, somewhat after the manner of the Turkish mosques. The interior is rather sombre, notwithstanding the decorations of gilding, mosaics, and marbles, with which it is profusely ornamented. Adjoining is the Doge's Palace, which takes up one side of the Piazzetta. The appearance of the grand council-chamber is interesting. It contains some fine historical pictures by Tintoretto and Palma Vecchio, with portraits of the Doges around; one space being covered with a black pall instead of the picture of Marino Faliero.* The chamber of the Council of Ten, and other apartments, are likewise embellished with paintings by Titian, and other painters of the Venetian school. The prisons, termed *pozzi*, or wells, to which the entrance is by the Bridge of Sighs, will be visited with interest.

Venice is only excelled by Rome in the number and magnificence of its churches. The Redentore, with the adjoining Dogana, presents a striking appearance from the water, or from the opposite side of the canal, as does also the Church of the Salute, which, as well as the former, were erected by Palladio, on the occasion of the cessation of the plague. Its interior is richly decorated and embellished with some fine paintings; the Jesuits' Church is likewise richly adorned with variegated marbles and precious stones. The churches of St. Giorgio and St. Giovanni e Paulo, must likewise be enumerated among those most deserving of a visit. In the Academia di Belle Arte is a choice col-

* See Notes to Childe Harold.

lection of pictures and other interesting objects. Of the private collections, the Barberini and the Manfrini are the best; in the first are several Titians, portraits of Doges and members of the family; as also a Magdalen, a Venus, and Titian's daughter, which rank among the *chefs d'œuvre* of this master. They are, however, rapidly falling into decay. The Manfrini collection is better preserved; a few of the best pictures are the Prodigal Son, by Guercino, which is the counterpart of the picture of the same subject in the Borghese Palace at Rome; portrait of a Dutch Ambassador, by Rembrandt; the Defiance of Apollo, and Lucretia, by Guido; portraits by Titian, especially that of Ariosto; Circe presenting the cup to Ulysses, by Giulio Romano; a Holy Family, by Palma Vecchio.

A walk of about half a mile from St. Mark's along the quay, interrupted by the ascent of several bridges, which cross the smaller canals, leads to the arsenal, which, however, in its present state, will scarcely repay the trouble of a visit. In the same direction is a wide street, formed by covering over a canal with flag-stones, which leads to the public garden constructed by orders of Napoleon, about half a mile long, and planted with trees and shrubs. On an island opposite stands the Armenian Convent, an interesting establishment, which is well worth visiting. The Lido is about three miles from Venice, and is five miles in extent.

The Campanile, in St. Mark's Square, should be ascended, in order to enjoy the view of the city, the islands, the Adriatic, the Euganean hills, and the distant Alpine chain.

The archives of Venice, in the convent of the Trari,

are said to consist of eight millions, six hundred, and sixty-four thousand volumes or portfolios. St. Mark's library, containing 65,000 volumes, and 5,000 manuscripts, now occupies the great Council-Chamber. The high Alps on the north, shelter Venice from the direct influence of this quarter ; it is, however, more exposed on the north-east, the Carnatic chain not being sufficiently elevated for protection from this wind, which, with the east and south-east, are the most predominant. The west and north are the least frequent winds. The city is directly open to the influence of the southern winds, which, together with the tides, and the continual movement of the water in the canals, tend greatly to the purification of the air.

Venice, though cold in winter, is not so prejudicial to persons in health as the moister atmosphere of Milan, and other towns in Lombardy. The mean winter temperature is 3·35 ; that of spring, 12·64 ; summer, 22·82 ; autumn, 13·26 ; the annual mean being 13·26. The transitions are not so frequent and abrupt as on the mainland. The number of rainy days, on an average of seven years, amounts to 75.

The marine atmosphere of Venice is beneficial in many states of disease, and is not unfavourable in some consumptive cases allaying pulmonary irritation. Some paralytic, nervous, and scrofulous patients would be benefited by wintering at Venice. The best situations are St. Mark's, the Piazzetta, the greater part of the Grand Canal as far as the Rialto ; the houses on the canal of the Giudecca, fronting the south, are likewise well situated.

Dr. Taussig, now of Florence, who resided several years at Venice, and published a brochure upon its cli-

mate, observes—"The mere knowledge of the temperature of a place does not enable one rightly to judge of the healthiness of its climate; the state of purity and dryness of the air, the water, the soil, the prevailing winds, &c., must be taken into consideration. Hence Venice, though possessing a lower temperature, is not on that account to be regarded as less favourable than southern towns. The low temperature is compensated for by the comparative equality of the weather, the absence of great variations, and by the prevalence of southern winds. The parts of the city exposed to the sea have a much higher temperature than others; as the Riva dei Schiavoni, which in this respect may be likened to the Lung' Arno of Pisa, or the Chiaga of Naples. The advantage that Rome and Pisa have in their higher temperature, Venice has in its sea atmosphere. In the winter months, January and February, and also in November and December, the north-north-east and north-west winds predominate, though often alternating with the siroeco. From March to June the southerly winds preponderate; August, September, and October, are between the two fore-mentioned periods in this respect. The sirocco in winter generally brings rain, the air being thick and damp."

Of the inhabitants of Venice, Dr. Taussig observes that they are cordial and sociable. The tone of speech is soft and agreeable. The lower class are cheerful, and gesticulate a great deal when discoursing. The upper class is more reserved, which depends more upon their diminished fortunes than upon natural hauteur, for there is a kind of equality among all ranks, tempered however, with due respect; the higher orders dispens-

ing with stiffness and formality in their intercourse with inferiors. The Venetians are for the most part of the sanguineous temperament, easily excited, but also easily appeased. The present generation have lost much of the ardour and courage which distinguished their forefathers.

Epidemic fevers do not prevail; but intermittents are not uncommon in spring, and in August, September, and October. They have not, however, the malignant character of agues arising from marsh malaria, and seldom leave as consequences enlargement of the spleen or liver. They are caused by the exhalations from the canals, and more particularly by the great difference of temperature between day and night, acting upon constitutions relaxed by the summer heats, or by other causes. They are more frequent in the islands than in Venice itself. Inflammatory diseases assume a mild character, and are combined with nervous irritability. Nowhere are convulsive affections more common among women; they also not unfrequently occur in men, not only of the upper, but even of the poor and working classes. Among other causes of this great prevalence, may be enumerated the want of occupation, and of sufficient bodily exercise; the free use of coffee, and late hours. In proportion, however, as these are frequent, pulmonary and scrofulous complaints are less so. Pulmonary disease generally assumes a chronic character, and some of these invalids live a long time. Ossification of the arteries, and apoplexy, are not uncommon. The too common tendency is the abuse of alcoholic liquors, which, acting upon irritable temperaments, predispose to disease of the

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ing contrasts with the wooded acclivities of the mountains. From Ampezzo to Landro, a drive of three hours, the interest of the scenery is scarcely surpassed by that of the most celebrated Alpine passes.

Shortly after leaving the latter town, you emerge upon the beautiful Pusterthal, in the Tyrol, which, from the high state of cultivation, and the neat appearance of the numerous farmhouses and cottages, appears to be the abode of peace and contentment.

Brunnecken, the chief town of the district, lies in a picturesque position; some miles beyond which, at the entrance of a narrow defile, a new fort, with extensive fortifications along the heights, has lately been constructed by the Austrian government, and would form an insurmountable impediment to the passage of a hostile force.

After a succession of ascents and descents, you arrive at Sterzing, a neat town on the high-road from Verona to Innspruck, and at the foot of the Brenner, which is the lowest, and least interesting, in a scenic point of view, of the passes of the Alps. Before arriving at Innspruck, however, you have to cross the Schönberg, which well deserves its name for the beauty of its scenery, and also from the view presented from its summit of the town, and numerous detached houses scattered along the valley of the Inn, the verdure of which pleasingly contrasts with the dark, rugged, and snow-tipped masses of the Alpine chain, extending from east to west, and forming an apparently impassable barrier.

Innspruck, the capital of the Tyrol, contains about 14,000 inhabitants, and is a handsome clean town, the

appearance of which is greatly improved within the last few years. The view along the principal street is striking, most of the houses being whitewashed, several new buildings having lately been erected. The quays along the Inn, as well as the public garden, have likewise been enlarged and embellished. This river is here about half as wide as the Thames at Westminster. From the centre of the bridge a magnificent prospect may be enjoyed up and down the valley, and of the lofty mountain ranges on either side. Innspruck possesses two handsome churches, the Frauenkirche and the Hoffkirche, in which latter is the splendid tomb of the Emperor Maximilian, and colossal bronze figures of several sovereigns of the early ages, among which are Clovis, Godfrey Bouillon, Charles the Bold, Rudolph of Hapsburg, with other well-known historical personages. A statue to the memory of Hofer has recently been placed in the church over his tomb. The museum likewise contains several objects of interest, and will well repay the trouble of a visit.

On leaving Innspruck for Bavaria, the traveller descends the valley to Schwatz—a neat town on the road to Salzburg. The castle of Ambras stands on an elevated position, a few miles from Innspruck, and looks well from a distance, but does not now contain any object of interest, the rich collection of ancient armour, &c., having been removed a few years ago to Vienna, and forms one of the sights of the capital best worth seeing. Hall, celebrated for its salt-works, also lies on this road. From Schwatz an indifferent cross-road, in many parts too narrow to admit of two carriages passing each other, leads to Achenthal and

its lake, which is surrounded by magnificent scenery; in some parts lofty and sterile mountains rise perpendicularly from the water, as at the lake of Wallenstadt.

After about four hours' drive from the head of the lake, through a highly picturesque country, where the inhabitants appear to have lost none of their primitive manners and hospitality, you arrive at the beautiful lake Tegernsee, at the base of the Alps, which is greatly resorted to in the summer months by the higher class of Bavarians. The town at the extremity of the lake affords excellent accommodation, and the surrounding scenery is beautiful and varied.

The watering-place Kreuth, which is likewise greatly resorted to by the inhabitants of Munich, lies more among the mountains, about two hours' drive from Tegernsee. It consists of two large lodging-houses joined together, and a public room, or Cursaal, with baths and outhouses. Not more than two hundred persons could be accommodated at the same time. Many of those who pay it a visit, are induced to do so as much on account of the purity and bracing qualities of the air as for the waters, which do not possess any very efficient medicinal properties. A great proportion of the invalids labour under pulmonary complaints, and drink goats' milk or whey (*molkenkur*), which is combined with the use of the baths.

From Tegernsee to Munich the country is flat, and devoid of interest to the passing traveller. This road from Innspruck should not be selected by persons who are encumbered with a carriage: the post-road to Munich, though somewhat shorter, is less interesting.

The Brenner pass, from Verona to Innspruck, is the

least elevated of the Alpine roads from Italy to Germany or Switzerland; it is also the least interesting in a scenic point of view, but, from being traversable at all times of the year, is one of the most frequented. The towns of note upon this route, Trent, Brixen, and Botsen, need scarcely delay the traveller. From Milan to Switzerland, a choice of interesting roads is presented. The Stelvio is the highest pass, and the scenery is in some parts magnificent. This, however, is surpassed for variety by the Splugen, from Chiavenna to Coire in the Grisons. The portion comprised between the village of Splugen at the base of the mountain, and Coire, the celebrated Via Mala, can scarcely be excelled. From the upper part of the Lago Maggiore, the St. Bernardino likewise diverges. The St. Gothard presents scenery of the grandest and most sublime order, and is preferred by many on account of its connecting the Two Lakes Maggiore, and the Four Forest Cantons; so that between Milan and Lucerne, more than a hundred miles of the journey is practicable by steam on these lakes. These passes are, however, seldom open for carriages before the middle of May, or after the end of November.

The most favourite route, however, from Milan to Switzerland and France, is by the Simplon. Leaving the shore of the lake at Baveno, the traveller soon arrives at Domo D'Ossola, the first town presented to the view on descending the mountain on the Italian side, which, together with its rich plain, encircled by verdant hills dotted with numerous white villas, is well calculated to convey a favourable impression of Italy. "It would be difficult," says Valery, "to paint the enchanting aspect of the valley of Domo D'Ossola

from the bridge of Crevola; and when one emerges from the galleries of the Simplon—those long, damp, obscure caverns—the eye tired of rocks, forests, glaciers, torrents, and cascades, revels in the contemplation of nature in all her serenity and gracefulness, after having beheld her in her most rugged garb. One would say that this new land smiles upon the traveller, invites him to enter, and decks herself out to receive him; sounds of joy seem to proceed from a distance, and the festoons of the vine hanging around the trees, give to the country an appearance of festivity. The meeting of some procession, the lively and spirited expression of the countenance, the glaring colours of the dresses worn by the women, the size and solidity of the buildings, in fact, every thing combines to inform us that we are in Italy."

The ascent from the bridge of Crevola is gradual as far as Isella, the road being carried along the edge of the Vedro, through scenery of a strikingly wild and romantic character. Beyond Isella you pass through the sombre defile of Gondo, which presents scenery surpassing in wildness and sublimity that of any other Alpine pass. The ascent then becomes steeper, and the road is seen from below, winding its way upwards in several zig-zag turns,

> "Like a silver zone
> Flung about carelessly, it shines afar,
> Catching the eye in many a broken link,
> In many a turn and traverse as it glides;
> And oft above, and oft below, appears.
> Seen o'er the wall by him who journeys up,
> As though it were another, not the same,
> Leading along he knows not whence or whither."
>
> *Rogers.*

At the village of Simplon there is tolerable accommodation; a few miles beyond, the summit of the pass is reached. A substantial *hospice*, where travellers are accommodated, has been erected at the highest part; along the road, but more especially on the Italian side, strong houses of refuge are met with at intervals, to afford a temporary shelter in the event of storms, or when the passage is impeded by snow. The descent towards Switzerland presents but few features of interest (except the bridge of Ganther), as compared with the other side, the road being for the most part cut through the mountain, along the edge of wide ravines, between whose steeply-shelving sides, clothed with pines and larches, occasional glimpses are caught of the valley and glittering spires of Brigg, to which it descends after many tortuous windings.

Before advancing into Germany, it will be as well to give a brief notice of the chief points of interest on the route from the lake of Geneva to the Mediterranean at Nice.

Chambery, the capital of Savoy, and the principal town on the road from Geneva, and from Lyons to Turin, lies in a picturesque country watered by the Isere, apparently close to the Alps, which, however, are several posts distant. It is clean and cheerful-looking, but does not contain much calculated to arrest the traveller's attention. The small lake (Bourget), a few miles off, to which a railroad conducts, is navigated by a steamer, which descends the Rhone two or three times a week to Lyons. Owing to the rapidity of the river, it takes, however, two and sometimes three days to return.

Aix les Bains is two leagues from Chambery, on the Geneva road, and contains a population of four thousand inhabitants. It lies in a beautiful situation, and the more elevated parts of the environs command extensive and delightful prospects. These baths have been frequented from the time of the Romans, and are in high repute in the present day, as being among the most efficient hot sulphurous waters of Europe, and are especially calculated to remove long-standing rheumatic, paralytic, and cutaneous diseases. The casino, or assembly and billiard-rooms, occupies an ancient building, supposed to have been built on the site of a temple of Diana, of which some vestiges may still be seen. The bathing establishment contains two piscinæ, or lofty vaulted chambers, about fifteen feet square, fitted up with douche apparatus at various heights from the ground, in order to regulate the degree of force with which the water falls upon any part of the body. The douche forms an essential part of the treatment of most of the cases to which the Aix waters are applicable. It is not, however, the custom to take the bath and douche at the same time, as at other places, as the water does not rise more than a few inches from the floor. The so-called sulphur spring flows directly from the rock (which at this part is hewn out in the form of a grotto), and is used for drinking. There is also another department, termed d'Enfer, from its being below the surface, and the water being hotter than the other springs. The piscinæ are constantly filled with vapour; so that patients have the advantage of a vapour bath at the same time as the douche. There is, however, but little conveni-

ence for dressing, and on this account only one person can bathe at a time. A fourth vaulted chamber adjoins the preceding, and is furnished with douches and a shower bath, which is a good deal employed in some nervous complaints. The modern part of the establishment, called the Thermes Albertines, contains six chambers for douching—the pipes being arranged so as to allow the water to fall upon the part either in a full or divided stream—a large public bath, with a depth of water of four or five feet, supplied by the alum and cold springs, and principally used as a pleasure bath for persons in health, or weakly children: in the centre of the building is an apartment, around which are ten cabinets supplied with a douche, and having the floor perforated to allow the ascent of vapour, so as to be used either for douching or as a vapour bath. There are besides six other cabinets for water baths. Friction of the surface is employed conjointly with the baths and douches, for which purpose male and female rubbers are in attendance.

From Chambery to the handsome and strongly-fortified town of Grenoble, which, though in a fine mountainous position, presents little to delay the traveller, is a drive of about six hours. Diverging from this route, the Grande Chartreuse may be visited; access is, however, only obtained on foot or horseback, by a path between steep mountains. The scenery altogether is highly picturesque, but the position of the building is bleak. It is the largest monastery in France, though the number of monks is now much diminished.

After a few hours' drive from Grenoble, Valence on

the Rhone may be reached by the passage of Les Echelles; or, if the traveller be proceeding to Italy from Chambery, he will pass the Mount Cenis: the country is, for the most part, uninteresting. In the wild and sterile valley of the Maurienne, enclosed between steep mountains on each side, goîtres and cretinism were formerly very prevalent; but, owing to the improved drainage and increased cultivation, are now comparatively unfrequent. The ascent of the mountain commences immediately after leaving Lanslebourg; but this road is less interesting in point of scenery than most of the other Alpine passes, though there are some fine parts on the Italian side, where the mountain is excavated in grottoes. At Susa you descend to the plain, and shortly afterwards arrive at Turin.

This city lies in an open and fertile country, watered by the Po, which is crossed by a handsome bridge. It is regularly built, the streets are spacious, and at right angles with each other, the principal ones diverging from the square, in the centre of which stands the Royal Palace, which does not contain much that is remarkable. The houses in the square, and in several of the streets, are built upon arcades, which enable the inhabitants to take exercise in wet weather.

Among the objects most calculated to arrest the visiter's attention, may be mentioned the rich and well-arranged ancient armoury, formed by the late king; the castle, which is now the Pinacotheca, or public gallery of pictures; the Piazza S. Carlo, embellished with the bronze equestrian statue of Emmanuel Phisebert, the iron-headed Duke of Savoy, and four colossal allegorical figures, representing the principalities of Piedmont,

Savoy, Nice, and Aosta; the museum of antiquities, with its rich cabinet of medals; the Egyptian museum, one of the finest in Europe, comprising, besides many large statues and mummies, a collection of the articles employed in the ordinary business of life—arms, implements of agriculture, manuscripts, or papyri, discovered in the tombs of Thebes. The principal churches are the cathedral San Sudario, and San Filipo Neri. Turin is not inferior to other cities of Italy with reference to its charitable establishments. The great hospitals of St. John and St. Louis, together with the Maniconico (hospital for the insane), and others, are extremely well arranged. The university is a handsome building; its foundation dates from the beginning of the fifteenth century, and many of its professors have enjoyed a high reputation. The library contains 120,000 volumes, and a large collection of manuscripts. There are likewise at Turin, a Royal Academy of fine arts, one of sciences, founded in the middle of the last century, and divided into two classes—viz., 1st, Mathematical and physical; 2nd, moral, historical, and philological sciences, one of medicine, and a military academy. The opera-house is one of the best in Italy, and the *corps dramatique*, without being first-rate, is usually good; the Carignano theatre, tastily decorated, is appropriated to the representation of dramas and comedies.

Of the Piedmontese character Zuccagni remarks—"That the population of the borders necessarily partakes somewhat of the character of the nations with whom they have most frequent intercourse; but in all the central provinces there is found a population of strong and well-developed forms and lineaments, of rather

dark complexion, apt for laborious occupations, and especially for warlike ones, the Piedmontese having always shown themselves good and courageous soldiers. Lady Morgan found the Turinese quick of apprehension, cordial and amiable, compassionate and well informed—in fact, the whole Piedmontese people appeared to her to be endowed with eminent moral qualities."

The chief object of interest in the neighbourhood of Turin, is the hill covered with wood, vineyards, gardens, and handsome villas, on the summit of which stands the Supergo temple, the burial-place of the Sardinian kings, commanding a delightful prospect of the extensive plain bounded by the range of high Alps.

Turin is not a place of much resort for strangers. The climate is not favourable for invalids. "It seems," says Schouw, "that the winter is more severe in proportion as one advances into the plain of the Po, from the Adriatic. The mean winter temperature at Milan, for instance, is lower than that of Paris; while, on the contrary, the summer is hotter at Turin, which is prevented from receiving the influences of the Mediterranean and Adriatic seas by the Apennines and the maritime Alps. The summer, notwithstanding the city's elevation above the sea, is not less hot than on the shore of the Adriatic, and the winter temperature descends to 0·8; that is to say, to a mean but little higher than that of Hamburg. The annual quantity of rain is 35·29 inches, about the same as at Milan; somewhat more than at Venice and Florence, but less than at

Pisa. The number of rainy days is 87, that of Milan being 72, and of Venice 81.*

The railroad is now available beyond Novi, within a short distance of Genoa; its entire completion will be yet delayed for some time, on account of the mountainous range met with on approaching the sea. Persons proceeding direct to Nice, who delight in wild and magnificent Alpine scenery, will be gratified by taking the route by the Col di Tende in favourable weather, instead of the more circuitous one, which avoids the mountains, by Ceva and Oneglia.

Driving along the plain to Coni, a fortified town of some importance, near which is the Chartreuse of Pesio (a place of summer resort and hydropathic establishments, encircled by woods of chestnut trees), the traveller arrives at Limone, a small town at the foot of the mountain, whence a winding ascent leads to the summit, which commands a prospect of the Alps, with Monte Rosa high above the rest. The summit of the pass is strictly a *col* or neck, being little more than a narrow ridge, whence may be perceived, immediately beneath, the road descending the steep sides of the mountain, by numerous zigzag and corkscrew-like turns. On account of the exposed position of the pass, high winds are very common, and the snow is generally thick upon the road from the beginning of November till the end of May, so as almost to interrupt the communication.

Tenda, at the foot of the pass, is a miserable and

* Tableau du Climat et de la Vegetation de l'Italie. Copenhague, 1839.

dilapidated-looking town, beyond which you pass through some fine scenery, and the wildly romantic gorge of Saorgio; the road being cut for miles along the edge of the torrent, and frequently through rocks, which impeded its construction. The town of Saorgio is perched upon the acclivity of one of the mountains. Its castle completely commands the defile, and made efficient resistance to the French during their occupation of Piedmont. The scenery from Saorgio to Chiandola continues to be of the most interesting description. You then ascend another mountain pass, exceeding in savage grandeur, and in the desolateness of its appearance, that of Tenda, and descend to Sospello, between which town and the plain of Nice there lies yet another mountain, the scenery of which is of the same wild character as the former, the road being in several parts cut through rocks of granite and marble. From the summit is obtained a glance of the Mediterranean, with the harbour of Villa Franca, and the island of St. Marguerite. After passing through the village of Scarena, the road gradually descends to the regions of fertility, and approaches Nice through olive plantations and orange gardens.*

* "Descending to the shores of the Mediterranean, a true garden of Flora appears in all that delicious tract comprised between the Var and the Magra; no southern country in Europe presents a picture so varied in respect to indigenous plants, and in naturalized exotics, as this hilly but smiling territory of ancient Liguria."—*Zuccagni*, op. cit.

SWITZERLAND.

CHAPTER XIII.

GENEVA—ST. GERVAIS—LAUSANNE—VEVAY—MONTREUX AND ITS CLIMATE—THE VALAIS—BATHS OF LEUK—BERNE—INTERLACKEN—LUCERNE AND ITS LAKE—ST. GOTTHARD—BATHS OF PFEFFERS.

GENEVA is greatly improved in appearance of late years, the quays having been widened by the removal of several of the old buildings, which are replaced by large and handsome edifices. The town, however, has but little beauty in itself, but derives its chief interest from its position, the beauty of its environs and promenades, and its historical associations. Geneva and its neighbourhood is one of the most eligible summer residences in Switzerland, both for invalids and persons in health. Many of the villas are let to English visiters, by whom also the numerous hotels are thronged till the period of autumnal migration to the south. The Genevese are in general well informed and agreeable; society is upon an easy footing, and free from formality. Literature and science are a good deal cultivated; Geneva having been the birthplace

of several distinguished *savans*, and the residence of many eminent men. The population now amounts to 62,000, of whom between three and four thousand are employed in the manufacture of watches and jewellery. The principal objects of interest in the town are the cathedral, the *musée* Rath, the town museum, the museum of natural history, the public library, containing 40,000 volumes, and the botanical garden. There is a society for the advancement of the arts, and other societies of a scientific or charitable nature. The promenades (whence may be enjoyed delightful views of the surrounding country, of the lake, the Alps, and Jura mountains) are, La Treille, a terrace planted with chestnut trees; the Place Maurice; and the bastions communicating, by means of a suspension bridge, with the Esplanade des Tranchées. The panorama from the Bastion de Cornarvin is particularly striking. Geneva possesses a theatre, well-supplied libraries, and the accommodation is of the best kind—at the Great Hôtel des Bergues, the Hôtel des Etrangers in the faubourg Paques, at Secheron upon the lake, as also at the hotels within the town.

In the environs, the great and little Saleve mountains; Ferney, formerly the abode of Voltaire; Boissy, Les Voirons, Coppet, the small town of Carouge, &c., will be visited with interest.

On account of the proximity of the Alps, the climate of Geneva is colder than that of Paris, and is also more variable. Even in October, a good deal of rain frequently falls, and fogs are not uncommon in the evening.

There are two departures of steamers daily in the summer season; and the boats touch at all the points of

any importance on the north side of the lake. The lake itself is twenty leagues in length, and three and a half in breadth at its widest part. It is inclosed by the Alps, the Jura, and Jorat mountains. The Alps extend on the Savoy side from Geneva to Vevay—the Jura takes a direction from south to north—the Jorat is a lower chain of hills connecting the higher ranges. At the upper part the Rhone enters the lake, flows through Geneva, preserving its clear blue colour even for some distance, after receiving the muddy waters of the Arve, a few miles beyond the city. On either side of the lake are post-roads leading to the Simplon, which meet at St. Maurice in the Valais; that on the Savoy side by Evian and Thonou is the shorter, though the least interesting.

Most Genevese visiters will avail themselves of the opportunity to view Mont Blanc, Chamouni, and its environs. On the road lie the baths of St. Gervais, which are a good deal frequented, but principally on account of being a cool and agreeable summer residence. Ascending the course of the torrent Bonnant, a narrow valley enclosed between precipitous rocks, crowned with pine-wood, conducts to the *Cul de sac*, in which is situate the establishment. This is a central point for exploring the neighbourhood, which abounds in picturesque scenery, ravines, torrents, cascades, verdant meadows for pasturage, &c., the higher localities presenting extensive and beautiful prospects. Of these, the isolated hill, Mont Joli, is the most remarkable, the view from its summit being even preferred by some to that from the Righi. St. Gervais possesses likewise its Pont du Diable, across the Bonnant. There are nine springs;

four being chiefly used. The temperature of the coolest is 18°, that of the warmest 42° R. The water is saline, containing sulphate of soda, muriate of soda, and magnesia. They are, however, not very strongly mineralized; the proportion of carbonic acid and of sulphuretted hydrogen gas is but small. They are employed for drinking, and for baths and douches in various disordered conditions of the health, though seldom in the more serious cases of disease. Chamouni lies three leagues east of the baths.

Ouchy on the lake is the landing-place for Lausanne, which stands in an elevated position a mile and a half distant. In the hotel, Byron wrote his "Prisoner of Chillon" in two days. In the neighbourhood are several pleasantly situated country-houses. Lausanne, with its cathedral standing prominently out, looks better from a distance than on a close inspection; it is irregularly built, the streets are for the most part narrow and hilly —several improvements have, however, been effected of late years. The surrounding country is beautiful and varied, and, together with a great part of the lake, is seen to advantage from the cathedral, from the court-yard of the ancient chateau (now occupied by the state council and containing the public offices), and especially from the Terrasse de St. Pierre—which is the principal promenade. Lausanne was the residence of Gibbon, and one of the hotels is still called by his name. Though less agreeable than Geneva, it is a cheaper place for a prolonged residence, and affords equal facilities for education. Its winter climate is, however, no better than that of Geneva. There are several *cercles*, a theatre, a cantonal museum, a college, a public library

of 33,000 volumes, and many manuscripts. Being the capital of the Pays de Vaud, the Catholic religion is professed by the bulk of the population. Eleven hours are required by the diligence to reach Berne, six hours for Fribourg, and three for Verdun on the lake of Neufchatel.

Vevay, two and a half posts distant from Lausanne, the second place of importance in the canton, is a neat, clean, quiet town, and an agreeable retreat for a portion of the year, though hot in the height of summer. This was an ancient Roman station (Vibiscum); the market-place opens upon the lake, so that boats from the neighbouring towns immediately land or receive their cargoes of fruit, &c., presenting an animated appearance on market-days. The hospital is a large edifice, in which, besides serving for its peculiar destination, the tribunals hold their sittings; it comprises likewise the public library of 12,000 volumes. The other remarkable edifices are the old chateau, the building termed *Derrière l'Aile*, and the Hôtel de Ville. The church of St. Martin, which stands isolated on an esplanade overlooking the town, with its square tower and four turrets, has more of the appearance of a feudal castle than of a church. The adjacent terrace, sheltered by chestnut trees, commands a beautiful and extensive view of the lake; with the Jura mountains and the nearer hills clothed with woods and vineyards, among which are interspersed villages, hamlets, and chateaux. The other chief promenades are *Derrière l'Aile*, extending along the lake, and Rouveua, disposed as an English garden. The large establishment des Trois Couronnes, on the shore of the lake, likewise commands delightful views. Here,

as also at the Hôtel des Trois Rois in the town, the accommodation is of the best kind.

There are at Vevay a casino, with spacious rooms for reunions, concerts, &c., two or three cercles, and some good cafés. Several of the country houses in the neighbourhood are let to summer visiters. Three steamboats touch daily at Vevay in the season.

The vineyards of Vevay are celebrated. Every twenty-five years the grand ceremonial *fête des Vignerons* takes place. This happens to be the year for the fête. Many persons remain the summer to undergo the *cure des raisins*, which consists in eating plentifully of ripe grapes, to which is added bread, and a moderate quantity of animal food once a day. This course tends to renew the mass of blood, and is frequently productive of marked beneficial effects in various states of disordered health, especially when depending upon a vitiated condition of the fluids, or excessive delicacy of the air passages, or of the alimentary canal,—either with or without glandular enlargements. Vevay is in great measure sheltered by the Alps, and has a mild climate in winter, as compared with Geneva or Lausanne. According to a local publication, it would appear that the statement in Schouw's table (quoted in the Appendix), as to the amount of rain, is incorrect, the average number of rainy days being but 72 in the year; whereas there are at London, 178; at Paris, 152; at Rome, 117; at Pau, 109; at Florence, 103; at Montpelier, 82; at Marseilles, 55. "This district," continues the local publication referred to, "having, moreover, its acclivities exposed to the south, fogs are almost unknown, and a chain of high rocks protects it from the

north winds. Although the temperature is mild in winter, it is not oppressively hot in summer. But, what is of more consequence, the diurnal variations are less abrupt and extensive than in any other part of the lake. Besides, the air holds in solution a quantity of watery vapour; it is thus less humid than in the surrounding localities, and is also more balsamic and emollient; which qualities are owing to its proximity to the lakes, and its south-western aspect."

Near Vevay, on the acclivity of a hill, on the road to Villeneuve, is Montreux, which is greatly resorted to in winter, principally by Swiss and Germans, on account of the mildness of its climate, and the richness of its vegetation at this season. The village is divided into three parts, Sales, le Chêne, and les Planches, the latter being connected with the two former by a bridge, which, seen from the bay below, with the water falling in a cascade beneath its arch, presents a most picturesque appearance. The hotels and lodging-houses are tolerably commodious; and there is a public library of 2,000 volumes. From the terrace of the church is displayed a fine view of the lake and surrounding country. The *Swiss Guide* (Nouvel Ebel), speaking of the Canton de Vaud, thus refers to the spot. "The climate is very different—the localities on the shore of lake Leman, at its eastern part, are the warmest and the most sheltered. The mildness of the climate of Montreux in winter, reminds one of that of Provence; whereas at the distance of some leagues, as at Savigny, or at Ormouts, the sharpness of the cold reminds one of Russia. Notwithstanding the variations of temperature, the country is generally healthy; the air is

pure, elastic, and bracing, except in some malarious spots. Storms are not unfrequent, and are sometimes disastrous, the most frequent winds upon the Leman are the *bise* (north-east), which is especially felt in the neighbourhood of Geneva, and the south-west, which affects more particularly the upper portion of the lake."

The castle of Chillon, near Vevay, looks well from the water forming, with the mountains in the back-ground, a striking picture. Villeneuve, at the extremity of the lake, is interesting only as being the point of landing and embarkation of travellers to or from the Valais. This commencement of the valley of the Rhone is *triste* and uninteresting. The soil is marshy, being formed by the mud brought and deposited by the river. Omnibuses await the arrival of the steamer to convey travellers to Bex, a two hours' drive, whence there are diligences to Vevay, Lausanne, and up the valley to St. Maurice, Martigny, &c. Here are extensive salt mines and springs, which have been worked during three centuries. There is also a commodious establishment for bathing in the saline water, and for the goat's milk and whey cure.

The Valais is the largest of the Swiss cantons. The Rhone flows through its whole length (34 leagues). It is enclosed on both sides by lofty mountains, and near Sion is divided by the river La Morge into the high and low vales. In the former, above Sierre, German is the language spoken; the inhabitants of the lower district speak French or patois. The Catholic religion is professed throughout the canton. The *Swiss Guide* does not present the national character in a very attrac-

tive light. "When young the Valaisian is gay, open, and confiding; gravity and a kind of melancholy supervene on the approach of advanced age. Amidst nature in ruins, he feels more closely the necessity of help from above. Hence his zeal in decorating the church. His house is bare, the altars are rich. His only pastimes are pious chants, processions, religious services, and visiting the graves of his forefathers."

The Haut Valais is hemmed in between high mountains, preventing the free circulation of air; the soil is in many parts marshy, and covered with rank vegetation. What wonder, then, that bodily and mental depression, with its concomitant superstition, should prevail, and that goître and cretinism should be endemic among the inhabitants, who constantly breathe an air laden with noxious exhalations?

Goître, which is, in fact, but a modification of cretinism, is generally found to prevail in localities similarly circumstanced—viz., where there exists a marshy soil combined with imperfect ventilation, or stillness of the atmosphere, as in some of the valleys of the Pyrenees and the Alps. Foderé considered it to depend upon the prolonged influence of a thick and stagnant air, charged with miasmata and fogs. M. de Saussure, in his "Voyages dans les Alpes," remarks, that goître is not met with above a certain altitude, as one thousand or one thousand four hundred metres; he also ascribes it to the influence of the heated, stagnant, and corrupted air which is breathed in deep valleys, as in those parts of the valleys which have a freer ventilation, and where they open out into plains, the complaint is less common. That the principal cause of the disease, where it pre-

vails endemically, is referable to the quality of the air inspired, the anatomical and physiological connexion of the thyroid gland with the vocal and respiratory organs would lead us to believe; and the opinion is corroborated by the observations of many of the professional men resident in those districts where it prevails. As a proof of the influence of humidity in promoting its formation, it may be mentioned, that in dry and cold weather it is not unusual to see the goîtres diminish in size. It has been attributed by some to the drinking of snow-water; but the inhabitants of many valleys in elevated situations, and also in some parts of Russia, drink nothing else but snow-water during a great part of the year, and yet they are not liable to goître; but in the Haut Valais, where the combined causes of marshy exhalation and imperfect ventilation prevail in the highest degree, the most aggravated form of the disease, cretinism, is met with; in other localities, where the operation of these causes is not so constant, cretinism is more rare, and the milder form, or goître, principally obtains. This is well exemplified in the valley of the Rhone, which widens below Riddes, where the mountains likewise are less high, and cretinism is less frequently met with, though persons with goîtres are still seen. Below Martigny, however, where the valley is wide, the mountains low, and the earth more cultivated, even goître becomes comparatively rare; and, in proportion as you approach the lake of Geneva, the inhabitants have a more healthy and cheerful appearance. Even in the Haut Valais, however, cretins are at the present day less frequently seen than formerly, which I suspect depends upon their being kept more out of

sight than upon any material diminution of their number.

St. Maurice is built at the base of the Dent du Midi, there being scarcely room for the houses and the road between the precipitous side of the mountain and the river, which is crossed by an ancient bridge of a single arch. The abbey, founded at the close of the fourteenth century, has been the scene of several historical events. On the opposite bank are the baths of Lavey, which have recently been brought into notice. The water is slightly sulphurous at the spring; it has a temperature of 45 degrees.

The position of Martigny is striking. The town is divided into two parts: through one, the road to the Simplon passes. The other is the point at which the roads meet, from the great St. Bernard, and from Chamouni by the Tête Noire, or by the Col de Balme.* Here the Rhone receives the waters of the Drance; the river makes a bend almost at right angles, in consequence of which stagnant water is frequently left after heavy rains, or the melting of snow, rendering the neighbourhood unhealthy. In the villages on the opposite bank, which are less freely ventilated than Martigny, there are a good many cretins.

The scenery in several parts of the high Valais is pleasing. Sion, the capital of the district, looks well from a distance; its two castles, now in ruins, crowning commanding eminences in the centre of the valley,

* Ten hours (walking) are required to reach the Hospice of St. Bernard; *chars* are, however, available as far as Liddes. The ascent from Aosta on the opposite side requires about eight hours.

produce a good effect. From Sierre the town of Leuk is seen on the acclivity of a mountain. The baths lie some distance up the gorge, at the foot of the Gemmi (three hours from Sierre). A new road direct to Sion has, however, lately been constructed. They are thronged during the season—chiefly, however, by the Swiss, who are afflicted with rheumatic and paralytic affections. The baths form four squares under one roof, and are separated from each other by canals, through which water flows fresh from the springs, and is drunk by the patients while in the bath, in which it is customary to remain during four, six, or eight hours every day; a large number of persons, therefore, of both sexes, bathe together at the same time, each being clad in a flannel gown and tippet, and several having before them small floating tables, to hold their handkerchief, books, snuff-box, &c. The springs contain but a minute quantity of saline substances; the temperature is about 45° R.; and there is little doubt that to the continued impression of the warm water upon the surface, for several hours daily, their efficacy is to be principally ascribed.

Brigg is a neat town at the foot of the Simplon, about seven hours distant from Sierre. The passage of the mountain to Domo d'Opolo, occupies twelve hours by diligence, or with a carriage. The ascent to Simplon may be made in half this time, by a pedestrian taking the *traverses*, instead of following the windings of the road.

On proceeding northwards from the lake of Geneva, the traveller may either post, take the diligence, or a voiturier. There are, as yet, no railroads in Switzer-

land, but posting is available on the high-road crossing the mountains into Italy; as from Constance and Lindau to St. Gall, through the Grisons by Coire; over the Splugen to Chiavenna, or over the St. Bernardino to Bellinzona; from Altorf over the St. Gotthard to the last-named town; from Geneva through the Valais over the Simplon; from Zurich to Coire; from Geneva to Lausanne and Berne, by Friburg; from Bale to Zurich and Lucerne.

The route to Berne by Morat passes through a pleasing and hilly country, embellished with cheerful farmhouses, exhibiting every appearance of comfort. A plain pillar on "the proud, the patriot field" of Morat, marks the spot where the bones of the Burgundians lie unsepulchred. Berne is the handsomest town in Switzerland, and is perhaps also the most beautifully situated, being for the most part built on the declivity of a hill, round the base of which the river Aar winds. The streets are spacious, regular, extremely clean, and well-paved; the houses are constructed upon low arcades, as at Padua, Bologna, and some other Italian towns. A stream of clear water runs through the centre of each street, supplying neat fountains, most of which are ornamented with a statue of Winkelried, or some other Swiss hero. There are two principal squares; and a handsome bridge crosses the Aar. The cathedral, the Tour de l'Horloge, in the centre of the town; the library, containing 45,000 volumes, 1500 manuscripts, and a rich cabinet of medals; the museum of natural history, with bas-reliefs of various portions of Switzerland; the great hospital; the picture gallery; the collection of armours of the middle ages; the botanical

garden; and the bears (emblematical of the canton, pre
served in the ditch outside the town), for the suppor
of which a special fund has been allotted durin
several centuries, are the principal objects of interes
There are likewise a casino, with concert and assembly
rooms, numerous cafés, baths, institutions for charitabl
and scientific purposes, and public conveyances to al
the principal towns. The terraces and promenades in th
town and its vicinity, command magnificent prospect
over a vast extent of richly wooded and highly cultiva
ted country, above which the long range of snow-covere
Bernese Alps raises its majestic peaks, forming the mos
striking feature of the landscape. The platform adjacen
to the cathedral; the Petits Remparts; the new pro
menade de l'Hôpital; the superior and inferior Gra
beu; and the Belvedere—may be particularly mentioned
The promenade Enghe, a short distance from Berne,
likewise a favourite place of resort.

The drive to the lake of Thun requires about thre
hours; the country is beautiful and populous. Thun
at the head of the lake, has been of late years much fr
quented in the summer. There is good accommodatio
at the Hôtel de Bellevue, overlooking the lake; th
Hôtel du Bateau à Vapeur; the Pension Baumgarte
and the Freyenhof. The town contains about 15
inhabitants; it has four gates (two at the bridges
either extremity). The chateau is celebrated as
scene of historical events. From the church terr
may be enjoyed beautiful views of the country, ter
nated by the mountains and glaciers bordering the l
The steamer leaves twice a-day for Neuhaus, perfo
ing the voyage in about an hour and a half, the

tance being five leagues. As respects variety of scenery, the fertility of its banks, the grouping of its mountains, clothed with forest and pasture-lands, among which are interspersed numerous villages, few of the Swiss lakes can be compared to that of Thun. From Neuhaus, about twenty minutes (with a carriage) are required to reach Interlacken, passing through the village of Unterseen, whence the Eiger, the Mönch, the Jungfrau, &c., are seen to advantage. Interlacken is approached by the Höheweg, a fine road bordered by walnut-trees, hotels, and lodging-houses. The Hotels d'Interlacken, de la Jungfrau, the Pensions Belvedere, and Victoria, are the most patronised by the numerous English and other visiters who make this beautiful valley of the Oberland their summer quarters. The accommodation has so greatly increased, that the village is more than double what it was some years ago. There are also several lodging-houses at Unterseen, which, like Interlacken, derives its name from the position between the lakes of Thun and Brientz.

The Jungfrau, with other "thrilling regions of thick-ribbed ice," rise above the valley, where the small cross planted on the summit by the first party which ascended this mountain, may be seen with the naked eye in clear weather. Interlacken, though less eligible for invalids in summer than Geneva and its environs, especially if the weather should chance to be bad, is, however, the most central point for excursions among some of the sublimest scenery of Switzerland. The lake of Brientz (which is also navigated by a steamer), and its banks, Meyringen, the Cascade of Griessbach, the Glacier of Grindelwald, Lauterbrunn, and the

Stabbach Cascade, and the Wengern Alp, all lie within a moderate distance.

The country between Berne and Basle is less hilly than that between Lausanne and Berne, but teems with fertility and population. Basle is a large manufacturing and commercial town, which derives its chief importance from being close to the French and German frontiers. It is divided into two unequal parts by the Rhine, which is of considerable breadth, and is crossed by a wooden bridge. Except the cathedral, Basle contains no remarkable public edifices. The public library, with Holbein's drawings; the museum of natural history; and two or three private collections, may be worth visiting. There is but little society; the inhabitants (many of whom are very rich) being mostly given up to money-getting. The ladies only wear their jewels when *aux eaux*; frequenting the watering-places in the summer, being their chief recreation.

At Basle the traveller finds railroads on either bank of the Rhine. If he have no wish to visit the cathedral at Strasburg, and no other inducement, he need not make the detour into France; but may with advantage rest a day at Freiburg—a handsome university and cathedral town—before advancing farther into Rhenish Germany.

The diligence takes about two hours to go from Basle to Lucerne, and *vice versâ*. This route is preferred by many travellers, being the most direct by the St. Gotthard to Italy. At Lucerne there is equally good accommodation as at the other Swiss capitals. It is situated at the western extremity of the lake of the Four Forest Cantons, where the Reuss enters, and is divided into

two parts; through the smaller a canal of clear water flows. The houses are for the most part antique; so that Lucerne appears to the greatest advantage when seen from a distance. Besides its cathedral, public library, and fruit-shops, there are but few objects of attraction; the chief *lion* of the town being that sculptured by Thorwaldsen, to the memory of the Swiss, who fell while defending the Tuileries at Paris in 1792. Diligences go twice a day to Berne, Zurich, and Basle. The length of the lake from Lucerne to Fluellen, is six leagues: its breadth from Kussnach to Alpnach, is four leagues. For variety of scenery, for its historical associations, having been the scene of Tell's exploits, as also with respect to the grandeur and interest of the mountains by which it is encased (among which the Righi on the one side, and Pilatus on the other, are the most conspicuous), this is the most celebrated of the Swiss lakes, and the most explored by tourists. Omnibuses convey travellers on the arrival of the boat at Fluellen to Altorf, a neat town in a picturesque position a mile from the lake. The market-place is ornamented with a fountain, and a statue of Tell—this being the spot where the hero came victoriously out of the severe trial to which he was subjected. From Altorf to Bellinzona, about sixteen hours are required by the courier; a pedestrian would gain the advantage over a carriage in the ascent, and might walk from Altorf to Airolo, on the opposite side of the St. Gotthard, in twelve hours.

The ascent begins at Amsteg, and continues gradually to Andermatt, beyond which, after passing the Devil's Bridge, it becomes steeper, and the scenery more strik-

ing. This pass is the most distinguished for the sublimity and wild grandeur of its scenery, especially on the Italian side. The numerous winding terraces and zigzags of the road begin beyond the old hospice, and are continued to Airolo, at the base, whence the summit may be attained (on foot) in two hours. From Airolo to Bellenzona, about six hours are required with a carriage. This town is the central point where the roads of the St. Bernardino, from the village of Splugen, the St. Gotthard, and those from the lakes of Lugano and Maggiore, meet. It occupies a beautiful situation in the valley, and with its three castles produces on approaching a fine effect. Travellers proceeding to Milan may go by Lugano, or by the Lago Maggiore, to Sesto Calende. Those who do not wish to enter the Austrian territory, may take the steamer at Magadino, and land at Baveno or Arona, and thence proceed to Turin, or to Genoa, by Novara and Alessandria, where they meet the railroad, now completed to within a few miles of Genoa. The journey from Arona to Basle requires about forty-two hours.

From Bellenzona to Splugen, the diligence takes fifteen hours by the St. Bernardino; this is a much less interesting pass in a scenic point of view than either the St. Gotthard or the Splugen. The ascent of this mountain begins immediately on leaving the village; the walk across will take a pedestrian nine hours, the diligence requiring seven and a half. The old zigzag road to Isola has been abandoned for some years, when a safer road, less exposed to avalanches, was constructed. This descends to Campo Dolcino, two hours distant from Chiavenna, which occupies a picturesque position,

surrounded by mountains, and is in constant communication with the steamers on the lake of Como.

Descending the valley from the village of Splugen, about nine hours are required by a pedestrian (four and a half with a carriage) to reach Coire, the capital of the Grisons, which contains a population of 5,000 inhabitants, and is the central point of communication on the road to Fellkirch, Bregentz, and Lindau on the lake of Constance, and to Zurich by the lake of Wallenstadt. The scenery along this valley is unsurpassed by any in Switzerland, especially about the gorge celebrated as the Via Mala, through which the Rhine, here a mountain torrent, impetuously makes way. This portion of the road lies between the villages of Tusis and Andeer, and is described in detail in the guide-books. The diligence to Milan requires twenty-two hours, that to Zurich thirteen; the steamer being in waiting at Wallenstadt, to convey passengers to the other extremity of the lake, a distance of four and a half leagues. Storms are frequent on this lake, which is narrow, enclosed between precipitous mountains, leaving no landing-place on the northern side, though on the southern side several villages are seen perched on the acclivities of the hills. From the end of the lake the diligence takes the passengers to Rapperschwyl, on the lake of Zurich, the opposite shores of which are here connected by a wooden bridge of immense length. From this town to Zurich three hours are required by the steamer.

Some distance beyond Coire is Ragatz, where a bathing establishment was formed a few years back, the baths being supplied by the springs of Pfeffers, the

water being conducted through wooden tubes. There is tolerable accommodation at the Hotels Samina and the Poste. This establishment has supplanted the ancient baths of Pfeffers, situated a league off, in a deep and romantic gorge, which is cheered by the rays of the sun during only six hours a day, even in summer. These baths were contained in two large buildings connected by the chapel, on a narrow ridge of rock above the foaming Samina, to which the descent resembled that to a mine. The spring rises even in a narrower part of the gorge, the rocks almost meeting several hundred feet overhead, so as to leave only a strip of sky visible. The only means of access is by means of a scaffolding of planks suspended from the steep side of the rock, and overhanging the torrent. Few scenes surpass the gorge of Pfeffers in wildness and desolation; the waters are but slightly mineralized, and owe their remedial properties solely to their high temperature.

Travellers ascending the Righi from the lake of Lucerne, may descend to the small town of Zug, on the opposite side; and, taking the road along the edge of its pretty lake, may thence cross over to Horgen, on the lake of Zurich, an hour's distance from the town. This large lake, without possessing the striking scenery of some of the others, is no less pleasing from the fertility and high state of cultivation of its shores, along which numerous towns and villages are scattered. Zurich is beautifully situated, but is not a place for the prolonged sojourn of visiters, though two or three days might be agreeably passed in viewing the public edifices which it contains, in common with other towns of equal size. It possesses, however, no very marked distinc-

tive features, beyond that of having the only bit of railroad in Switzerland, joining it with Baden, which is a good deal frequented in the season, principally by the natives of the country. The springs are hot, and are mostly used for bathing. The accommodation and resources of this, as also of the other Swiss baths, are altogether inferior to those most frequented in Germany; and, as they do not possess peculiar remedial properties, I have not deemed it necessary to give more than a cursory notice of them in this place, having already treated of them in the "Baths of Germany."

CHAPTER XIV.

MUNICH AND ITS CLIMATE—THE DANUBE—GASTEIN—VIENNA —ADELSBERG—TRIESTE.

THERE is, perhaps, no city where so much has been done in the way of embellishment and the erection of public buildings of late years, as at Munich. The modern part presents a strong contrast with the irregularly built old town and its antique-looking houses; the new streets being regular, wide, and well paved, consisting, for the most part, of palaces and private houses, three stories high, several of them having a garden attached. The style of architecture of the new public edifices is chaste and peculiar, and the interior decorations are exceedingly rich and tasteful, the whole having been designed by King Louis, and executed by Von Klenze. His Majesty, indeed, was ever a great patron of the fine arts, on which account Munich is much resorted to, both by native and foreign artists. The circumstances attending his recent abdication, from his disinclination to identify himself with the new order of things, are still fresh in the public mind. The present king is of an amiable disposition, liberal in politics, and, as Crown Prince, was always very popular. He speaks English remarkably well, as do also the majority of the upper class of Bavarians, among whom French is comparatively little spoken.

Of the public edifices, the Pinacothek first merits notice, both on account of its intrinsic beauty, and of the magnificent collection of pictures which it contains, especially those of Murillo and Rubens, and which many persons prefer to that of Dresden; but I shall, as on former occasions, abstain from description, which, indeed, would be superfluous after the minute and correct accounts given in the "Hand-Book for Southern Germany," and merely enumerate, as a few of the paintings which more particularly attracted my attention, the following:—The Saviour bearing the Cross, by Albert Durer; Misers, by Matsys; Heads of an Old Man and Woman, by Denner; a Burgomaster of Antwerp and his Wife, by Vandyck; the Interior of a Church, by Delorme; Portrait of a Turk, by Rembrandt; by Gerard Dow, a Mountebank, a Hermit, an Old Woman Spinning, a Young Woman Knitting at a Window, and a Portrait of himself; the Fallen Angels, by Rubens; Rubens's Wife; the large picture of the Last Judgment; a Madonna and Infant; the Murder of the Innocents; a Priest holding a Skull, Mieris; a Girl with a Parrot; a similar subject, by Netscher; Peasants Quarrelling, by Ostade; three small pictures by Teniers; Beggar Boys Eating Fruit, a *chef d'œuvre* of Murillo; also a Girl Buying Fruit, scarcely inferior to the former; Marine Views, by Vernet; Madonna and Child with a Lily, by Carlo Dolce; also St. Agnes, the Madonna, Infant St. Joseph, and a Monk, by Titian; Portrait of a Lady, by Paris Bordone; the Saviour Crowned with Thorns, by Guercino; Madonna and Infant, by Raphael; Mona Lisa, by Leonardo da Vinci.

In the Leuchtenberg collection will be more parti-

cularly remarked Murillo's Madonna and Infant, a *chef d'œuvre;* Sunset, by Salvator Rosa; his own Portrait, by Rembrandt; Madonna and Child on the Ground, by Correggio; the Woman taken in Adultery, by Guercino; a Student, by Gerard Dow; and a half-length Portrait of Petrarch's Laura, which will certainly disappoint the expectations of those who expect to see the picture of a handsome woman, there being no traces of the

> "Crespe chiome d'or puro lucente
> E'l lampeggiar dell' angelico riso,"

nor of the

> "Begli occhi che i cor fanno smalti,"

which are so frequently and plaintively apostrophized by the poet; Laura may, however, have sat for this portrait when somewhat advanced in life. Here are likewise two of Canova's best works—the Graces and the Magdalen.

The Glyptothek, or gallery of statues, is an elegant structure of white stone, which is the first object that attracts the traveller's attention on entering Munich from Augsburg. The interior is richly and tastefully decorated, the ceiling of each apartment being composed of stucco-work of a different design and colours, white and gold, or green and gold, being the most predominant; the walls are plain scagliola, and the floors of variegated marbles. The statues, too, though not very numerous, are select, and are placed so as to be exhibited to the greatest advantage. Among them are the celebrated Egina marbles, the Barberini Faun, Ilioneus, Jason, and other choice pieces. The last room is appropriated to modern sculpture; it contains the

Paris and the Venus of Canova, a bust of Napoleon, and one of the king, by Thorwaldsen.

The Royal Palace is likewise decorated in a rich and peculiar style, with carving and fresco-painting, which, from the encouragement afforded by the ex-king, has been brought to great perfection in Bavaria. The floor of each apartment is inlaid with woods of different colours, and, contrasted with the frescoed ceilings and walls, produces a rich effect. The large bronze-gilt statues of former sovereigns, adorning the throne-room, likewise afford indication of the taste of King Louis, by whom the art of bronze-gilding has been revived and perfected.

On one side of the palace is the Hof-Garten, a large space planted with trees, where the military bands frequently play in the afternoon, and enclosed between arcades, the walls of which are painted in fresco with views of Italy and Sicily, or illustrative of the history of Bavaria.

On the other side is the principal square (with the bronze statue of the late king, seated, in the centre), in which are the new post-office and the theatre, which is connected with the palace by a covered gallery; so that the king can go from one to the other without going out of doors. The theatre is one of the largest and handsomest in Germany, and is well calculated for hearing. The *corps dramatique*, both in the operatic and tragic department, is excellent. The performances here, as in other parts of Germany, begin about six, and seldom last more than four hours.

The love of music, though universal in Germany, is, perhaps, greater in Bavaria than elsewhere, and is more

diffused among all classes. Military bands play almost daily at stated hours. Public and amateur concerts are given about twice a week in the winter, in the Odeon, or one of the large rooms appropriated to the purpose, and to balls, which are also of frequent occurrence, the love of dancing being no less general than that of music, though little else than the waltz is seen. The Germans seem to like dancing purely for its own sake. Many scarcely speak a word to their partners during the whole time, and hand them to their seat immediately after the waltz or galopade is over; whereas, in England, conversation is the chief inducement with a large proportion of the gentlemen who stand up to dance; hence quadrilles are so much more general. Waltzing may be seen to greater perfection in Vienna and Munich than elsewhere. In the Rhenish countries it is but indifferent.

There are, besides, numerous houses of entertainment in the environs of Munich, as of most other German towns, where inferior shopkeepers, soldiers, and others of the lower classes resort, in the summer evenings, and on holidays (which are numerous), to dance and drink beer or tea. The movements of the dancers are generally more active and energetic than elegant, and in many of them profuse perspiration is induced by their exertions. A love of pleasure is, in fact, predominant among the inhabitants of Southern Germany, and great laxity of morals is said to prevail, especially in the two last-mentioned cities. There is, however, in general, more *heart* among the Germans of all ranks than in some other civilized countries which could be named; and strangers, properly introduced, are, for the

most part, cordially received. Society is less exclusively divided into coteries at Munich than at Vienna, where, however, it is less so than many persons have imagined, from reading the account given of the Viennese, by Mrs. Trollope, a few years ago.

The churches in Munich exhibit a great variety with respect to architecture. The cathedral, with its two large brick towers, is a heavy-looking structure; its interior is plain, and rather sombre. St. Michael's Church is built more in the Italian style, and resembles, interiorly, several of the churches of Rome and Florence. The Church of the Theatines is one of the most prominent public edifices; in its interior it is profusely ornamented with stucco-work. The two most interesting churches, however, are the newly erected one in the suburb Au, and the All Saints' Church, behind the palace. The contrast between these is very striking; not only the style of architecture, but also the internal aspect, being totally different. The former is a light gothic edifice, plain internally, almost the only decoration being the finely painted glass windows: the art of painting on glass having now been brought to a state of great perfection under the auspices of King Louis. The All Saints' Church has a handsome and chaste appearance exteriorly; internally it is embellished with fresco paintings and arabesques, which produce a rich effect without being gaudy, though perhaps less calculated to excite feelings of devotion than the plain or gothic style. The Protestant Church is a neat edifice, contrasting with the other churches in the style of its architecture, and forms the most prominent object of one of the places.

The new building for the library is one of the handsomest in Munich. The collection of books is said to be the largest in Europe after the Bibliothèque Nationale at Paris. There is likewise a large collection of ancient manuscripts, and finely illustrated Bibles and missals. Strangers, who have a proper recommendation, are allowed to take home for perusal any books they please.

Munich is the seat of an university, where, however, there are but few students from other parts of Germany.

The hospital, immediately outside of the town, is a handsome modern building, the interior disposition of which will afford gratification to the casual visiter, and might serve as a model for similar institutions in other parts of the continent. It is principally supported by a trifling tax, levied among the townspeople, to which servants and others of an inferior order contribute, and when ill thus acquire a claim for admission. The wards are small, but clean and airy, being disposed along spacious corridors; each contains about twenty beds, the total number of beds being about four hundred.

Munich is comparatively free from epidemics, and is, on the whole, a healthy place of residence. The most prevalent diseases are thoracic inflammations, gastric and nervous fevers, rheumatism, and scrofulous complaints. The state of medicine and surgery, though superior to Vienna, is inferior to Berlin. Diseases of the eyes are likewise prevalent. These, as well as the surgical department at the hospital, were formerly under the direction of Professor Walther, who enjoys a well-merited reputation as a surgeon and oculist.

Near to the hospital is the spacious public Cemetery, containing several handsome marble monuments, hung with chaplets of flowers; which are likewise cultivated in patches of earth between the graves. At the further extremity is a semicircular colonnade, with central rooms, where the dead lie exposed—generally dressed in their gayest attire, with bouquets of flowers placed in their bosom—for about twenty-four hours. This practice is pretty general in other parts of Germany.

The public prison will repay the trouble of a visit to those who feel an interest in such matters. There are several workshops, as manufactures of cloth, articles of clothing, &c., on which the prisoners are employed, complete silence being enjoined. A certain share of the proceeds is allotted to them; so that, when their time of imprisonment expires, they may not be altogether destitute. The punishment of death very rarely takes place in Bavaria, as no one can be executed, however strong the evidence, unless the culprit acknowledge himself guilty of the crime of which he is accused. Those who are convicted of the more atrocious crimes, are confined for a series of years or for life, or are employed in the public highways, each having the legs chained so as to prevent escape. Some of these criminals are confined in ill-ventilated cells, scarcely large enough to contain the four individuals who are lodged in each, with iron bolts attached to their legs; in the daytime their beds are placed upright against the wall, and they are occupied in carding cotton, never being allowed to leave their cells, to the unhealthiness of which their countenances bear the strongest testimony.

Among the other objects of interest in Munich is the

Museum, which contains the Brazilian collection of arms, dresses, insects, flowers, &c., brought over by Dr. Von Martius, one of the most distinguished of the Bavarian *savans*, who, several years ago, accompanied Dr. Spix on a scientific expedition to the Brazils. Schwanthaler's studio contains some good specimens of sculpture.

The bronze obelisk in the Carolinen Platz, erected to the memory of the 30,000 Bavarians who perished in the Russian campaign, seen from a distance, especially when the sun is shining upon it, has a rich golden appearance. The colossal statue representing Bavaria, fifty-six feet high, outside the city, will be seen with interest.

An extensive park, continued from the Hofgarten, and termed the English garden (through which the water of the Isere is diverted to supply an extensive lake), is the usual place of resort for equipages and pedestrians. It is in many parts shaded by fine rows of trees, and in some measure compensates for the want of interest in the environs of the city.

There is now railroad communication between Munich, Nuremberg, Leipsic, and the whole of Northern Germany. The road to Augsburg has been in activity during several years, and is rapidly approaching completion to Ulm, thus forming the connexion with the Rhine on the one hand; with Cracow, Warsaw, and the Baltic on the other.

In point of climate, I consider Munich less objectionable than most other German capitals; for, although the snow usually lies thick upon the ground for three or four months, and the thermometer is often several degrees below the freezing-point, yet the sky is gene-

rally clear, and, considering the elevated position of the city (the highest in Europe except Madrid), there is but little wind; the cold is consequently rather bracing and salutary than the reverse. Sledges here, and at Vienna, are in constant use, some of them being very handsomely painted, and the horses gaily caparisoned.

The most unpleasant sort of weather is in the spring, during the thaw, when also rain frequently falls, and walking in the streets is almost impracticable. The houses are well adapted to exclude the cold, being for the most part furnished with double windows, and warmed by stoves, which, though preventing drafts of air, and imparting to the apartment an equable temperature, yet disagree with many persons not accustomed to them—causing headache and other unpleasant symptoms. In summer the heat is at times oppressive, and the more so from the deficiency of shade in the environs. Though a winter residence at Munich would not be recommended to delicate invalids, it would agree well with many patients affected with nervous disorders, which a more relaxing climate (as Italy) would tend to aggravate.

About sixteen hours are required for the journey by road from Munich to Ratisbon, which town, however interesting it may be from its historical associations, would offer little inducement to the traveller for delaying his departure. Steamers descend the Danube in two days to Vienna, arriving the first day at Linz. Ratisbon and the adjacent territory belong to the Prince of Tour and Taxis, who has a chateau in the neighbourhood, near to which stands the Valhalla, a temple erected by the King of Bavaria, of the same dimensions,

and of a similar style of architecture, as the Parthenon at Athens, and containing statues and busts of the most eminent characters to which Germany has given birth. From the elevated position of the Valhalla, a good view of the course of the Danube, and of an extensive tract of country, may be enjoyed. The building itself, composed of white stone, is seen from a considerable distance, and produces a fine effect. Von Klenze, the celebrated architect under whose superintendence most of the modern buildings of Munich have been constructed, had likewise the formation of this magnificent monument.

The current of the Danube is more rapid than that of the Rhine, and the river is exceedingly shallow in many parts, which were obstacles to the establishment of steam-boats till within the last few years, when iron ones, which require but little depth of water, were constructed for the purpose. The scenery is in many parts highly romantic and picturesque; the country wild, but thinly populated. Ruined castles, shrines, and richly endowed monasteries, are ever and anon seen in conspicuous positions on the banks. Among these the bold ruins of Durenstein (the prison of Cœur de Lion), and the convents of Mölk and Neuburg, occupying commanding positions, will particularly attract attention. The towns and villages are few and far between.

Lengthened description is not intended in this work; nevertheless, being unwilling to dismiss the Danube with a mere cursory notice, I will deviate from my accustomed course, and subjoin a brief sketch of its scenery from the pen of a graphic writer:—"A little

beyond Passau the bed of the river became suddenly contracted, and the roaring torrent forced its way onward with considerable violence. In some places the nearly perpendicular rocks were entirely destitute of vegetation, except a few stunted shrubs; again, another magic sweep expanded it into an extensive lake, overhung by majestic hills, covered with every description of foliage, from the wide-spreading oak to the spire-like pine on the summit; cascatelles were bounding from branch to branch, covering the leafy mantle as it were with diamond spangles and wreaths of crystal, and then foaming into the watery abyss—and thus the scenery continued, with but little variation, till we came to Engelhardzell, the first town of Austria.

"The morning we left Engelhardzell I had an opportunity of seeing for the first time one of the Danube fogs, which hung in a dense mass of floating vapour upon every object, rendering them totally impervious to the organ of vision. About eight o'clock the fog entirely disappeared, and we were impelled forward very rapidly. The bed of the river being now entirely composed of large rocks, the passage of the stream was most turbulent, and our boat was buffeted about as if in a storm. The dreary crags on each side arose to such an altitude as to exclude all prospect over the adjacent country, and in truth the scenery was so wild, and the signs of human habitation so few, that a traveller might deem he had arrived in a country in a state of infancy; and the appearance of the Castle of Reinech, with its majestic towers, is hailed with pleasure. From this place a succession of picturesque rocks, ruins, villages, and lofty hills, finely wooded, accompany us to Aschach,

where the country opens to our view, and the river assumes the form of an immense lake; then, after passing Oitenheim, with its pretty castle, we landed at Urfer, the faubourg of Linz, the capital of Upper Austria.

From Linz to the beautiful lake of Traum is a railroad, the carriages being drawn by horses at the rate of nine miles an hour; a small steamer now navigates the lake, so that travellers from the Danube can reach with speed and facility the romantic region of the Salzkammergut, and visit the salt springs of Ischl, which, lying in a most picturesque position, 1,500 feet above the level of the sea, is greatly resorted to in summer both on account of its coolness and the efficacy of the waters.

Some German miles southward of Ischl, and a few hours' drive from Salsburg, lies the Bath Gastein, called also Wildbad Gastein, in a romantically secluded position, among the snow-tipped, pine-covered Alps, and on the edge of the mountain torrent Ache, which forms at this point a fine waterfall. It is one of the highest baths in Europe, being 3,000 feet above the level of the Mediterranean: the climate is consequently raw and unsettled. Even on the longest days the sun's influence is but little felt (except in the middle of the day, at which time the heat is often oppressive), as it rises late above, and sets early behind, the adjacent mountains, which are not unfrequently enveloped in clouds. From these causes, and from the spray of the waterfall, the mornings and evenings are generally cold, and often damp; yet the high reputation which the springs have acquired, renders the place thronged dur-

ing the season, and many persons are obliged to leave for want of accommodation, which, however, may be obtained better at Hof-Gastein, a village about three-quarters of a mile lower down the mountain, in a more open and agreeable position, sheltered from the north and east winds, enjoying a milder and drier atmosphere, and less liable to sudden transitions than Wildbad; whence the water of the principal spring is conveyed through pipes of pine and larch wood, by which it loses somewhat of its heat; though this cannot render its action different from what it is at the source, as, being too hot for bathing, it is allowed to remain all night in the baths at Gastein to cool down to the proper temperature.

There are several establishments of public and private baths. At the Schloss, belonging to the Archduke, where visiters can be lodged, there is a bath in which about a dozen persons can bathe at the same time. The baths of Straubinger's old and new hotels are divided into the Fursten and Capuciner; where baths are taken in common, part of the latter being appropriated to ladies. Some patients remain a long time in the waters, and some even bathe twice in the day, though these cases are comparatively rare. "The common bath," says Dr. Streintz, "in which ladies and gentlemen assemble together, contain 365 cubic feet of water, and requires nearly four hours to fill it. It will accommodate fifteen or sixteen persons, who can walk about in the water, or rest upon the seats which are fixed there for the purpose. At each side of the bath is a large dressing-room, one for the men, the other for the women. Around the bath runs a gallery,

where the friends of the bathers can assemble, and enter into conversation with them."*

There are numerous springs rising on the bank and in the river. Those most employed are the Furstenquelle (temperature 37° R.), the Doctorsquelle (38°), the Hauptquelle (38°), and the Straubingerquelle (36°). A spring, rising in the Ache, supplies the horse bath. The quantity of solid substance and gas in the water is very small; scarcely two grains of the former, and a cubic inch of the latter, to the pint.

The distance from Linz to Vienna is about sixty leagues. "Having resumed our voyage," continues the above-quoted author, "the scenery that presented itself was of the most beautiful description—an ever-changing panorama. First we had luxuriant meadows and corn-fields, swelling into gentle hills, clothed with the rich verdure of June, the whole dotted over with the white cottages of the peasants, and animated by numerous groups of cattle. We then came to a plain where the Danube gradually expanded into an immense lake, intersected by several green islands, enlivened by immense flocks of aquatic birds; this terminated by contracting into a mountain gorge, formed by tremendous piles of rocks, with their fantastic peaks, dark, gloomy, and nearly destitute of vegetation. Each moment our progress seemed barred by an impassable chain of rocks, until, by turning a tiny cape, we found ourselves within another mountain lake, surrounded by yawning abysses and frowning precipices, which, overspread with the sable pall of the pine, gave to the whole a character at once wild and supernatural; and

* Les Bains de Gastein.

thus it continued, curve upon curve, lake upon lake, until we arrived at Sturm, with its dreaded Saurussel.

"Here every thing concurs to increase the interest of the scene; the terrific roar of the river, and the rapidity with which it rushes through its frightful gorge, exhibiting one mass of boiling foam; the stupendous height and threatening altitude of the rocks, which seem to menace us with certain destruction as we advance; the dim twilight, the anxiety pictured on the countenances of the passengers, their prayers to St. Nicholas and the Madonna, the shouts of the captain and his men, hurrying to and fro—combine to raise a slight feeling of apprehension even in those whose nerves are iron-bound; but in a moment the dreaded Saurussel is passed, and nothing is heard but thanks and gratitude for the intercession of the saints."*

* "Sketches of Germany and the Germans, by a resident Englishman." This author, like myself, descended the Danube by a passage-boat or raft, before the days of steam navigation above Vienna, by which the romance attending the various incidents has been destroyed. Neither are implorations to the Madonna at present nearly so common as formerly. The subjoined hymn, set to music as sung by the boatmen and peasantry, the translation of which is given in Russell's "Germany," would have a fine effect:—

HYMN TO THE VIRGIN ON THE DANUBE.

"Fading, still fading, the last beam is shining,
Ave Maria, day is declining,
Safety and innocence fly with the light,
Temptation and danger walk forth with the night:
From the fall of the shade till the matin shall chime,
Shield us from dangers, and save us from crime.
Ave Maria Audi nos.

The city of Vienna is but limited in extent, being circumscribed between high ramparts, on which are promenades commanding delightful views of its numerous extensive suburbs and parks, with the Danube and lofty Kahlenberg beyond. The esplanade, laid out with alleys of trees, forms also an agreeable promenade immediately beneath the Bastei. Perhaps nowhere is there so great a variety of public walks, of which the principal are the Prater, the Volksgarten, the Augarten, and Theresiengarten, in which are numerous houses of entertainment, games, fire-works, and other sources for recreation. On holidays, one or more concerts are given either in the promenades or in the environs; those presided over by Strauss being the most numerously attended.

The streets of the city are necessarily narrower than those of the suburbs; the houses, however, are more lofty and solidly built, many of the palaces being of a grand and imposing style of architecture. The fine gothic cathedral Saint Stephen's stands near the centre of the city, its lofty spire (the highest except Strasburg) forming the most conspicuous object. In the Augustine Church the visiter will behold with high gratification one of Canova's *chefs d'œuvre*, the monument sculptured in grey marble to the memory of Archduchess Christine. In the other churches there is little to attract the atten-

"Ave Maria! hear when we call,
Mother of Him who was brother to all,
Feeble and failing, we trust in thy might,
In doubting and darkness thy love be our light;
Let us sleep on thy breast while the night-taper burns,
And wake in thine arms when the morning returns.
Ave Maria Audi nos."

tion. Of the squares, the Josephsplatz is the principal, Vienna not having greatly to boast in this respect: the equestrian statue of the emperor adorns the centre. The imperial palace is not remarkable interiorly, but contains an immense collection of works of art. The library saloon, two hundred and sixty feet long, with a fine dome in its centre, and ornamented with marble statues of the rulers of Austria, is peculiarly striking. It contains more than three hundred thousand volumes in all languages, and a large collection of manuscripts, including the original of Tasso's "Gerusalemme." The treasury is richly endowed, and will likewise occupy a share of the visiter's attention; as also the fine collection of cameos, antique medals, &c., in the Augustine corridor.

The Belvedere Palace contains the picture gallery, which some persons prefer to that of Munich. It is especially rich in the works of Flemish and German artists, among which may be more particularly specified three of Rubens's *chefs d'œuvre,* St. Ignatius, St. Ildefonso, and St. Ambrosius; there is also a fine portrait of Charles I., by Vandyke; and the mother of Rembrandt, by this painter. The heads of an old man and woman, by Denner, are particularly well executed.

In the Italian School, Raphael's "Holy Family" is considered as one of the finest of this painter's productions; the "Holy Family" of Titian is likewise a celebrated production: the gallery is rich in the works of this master. There are likewise some fine Correggios, Tintorettos, and works of Salvator Rosa, and others of the best Italian painters. The gallery also contains the splendid mosaic of the "Last Supper," by Leonardo da

Vinci, parts of the original at Milan being scarcely distinguishable. On the ground floor is a rich collection of ancient armour, with portraits of several of the most distinguished members of the house of Hapsburg.

The arsenals contain, besides the collection of arms, many objects of historical interest, as the armour of Charles V., Godfrey de Bouillon's hat, numerous spoils taken from the Turks, &c.

The theatres are well conducted, the orchestras and *corps dramatique* the best in kind. Performance begins at six and closes about nine, as elsewhere in Germany. The Viennese, like the Bavarians, are great lovers of music and dancing, amusements having been encouraged by the government as a means of preventing a too close attention to political matters.

Strangers were not well received unless highly introduced, or forming part of the noblesse; nor indeed, however delightful for a brief visit, would Vienna offer much inducement for the protracted sojourn of many English travellers, though living be cheap and the resources of a capital are at command. Except the evening *réunions* there is but little society; *tables d'hôte* are not in vogue, dinners *à la carte*, and at from one to three o'clock, being the usual custom. From the great atmospheric vicissitudes to which Vienna is subject, its comparative humidity, the frequent prevalence of northerly and easterly winds, and the exclusion from those of the south by the chain of Tyrolean and Carnic Alps, this city would not be an agreeable winter residence as respects climate; while in summer the oppressive heat and dust are annoyances to which it requires one to be accustomed.

[illegible]

there being no public edifices worth visiting. Half-way between Laybach and Trieste, amidst highly romantic scenery, is the celebrated Cave of Adelsberg, of which the subjoined account is given by the author whom I have already quoted:—

"We proceeded through a long spacious gallery of about a hundred paces, when it suddenly opened into an immense cavern of the most colossal height, but this was the mere vestibule to the most magnificent of Nature's temples; for at length we arrived beneath a vast dome, whose altitude by torch-light seemed immeasurable. This splendid hall is fifty feet broad, seventy long, and encrusted with stalactites of the most surpassing beauty, sparkling like diamonds, and appeared worthy of being the palace of the Gnome King himself; the floor is quite level, and a few wooden benches and rustic chandeliers told that this was the hall in which the peasants, by a merry dance, celebrate annually the festival of their patron saint. From hence the cavern branches off in different directions, not in long galleries, but in a succession of grottoes. Those to the left are numerous, spacious, and lofty; while the others, though smaller, are more varied in their fantastic forms. As we advance they become more elevated, and the columns more majestic, till, after traversing two leagues in the heart of the earth, our progress is terminated by a deep subterranean lake. It would be impossible to describe, with any degree of accuracy, the varied natural architecture of this city of stalactites. In one place we appear wandering through the aisles of a gothic cathedral, supported by columns of the most gigantic height, sometimes uniform, sometimes clustered together, as if

fluted. Some of the smaller grottoes are entirely inlaid with stalactites, and, as they reflected the burning torches, appeared one blaze of light. The sparry masses exhibited every form which the invention of the guides could devise: in one place, we had crystal cascades of the most dazzling brightness; in another, rows of pillars ornamented with festoons; here, triumphal arches; there, the Emperor's throne, surmounted by a crown. In short, the whole range appears as if real objects had been metamorphosed into crystal by the power of some mighty magician.*

"However, it is not only the beauty of the stalactites, and their innumerable forms, that arrest our attention, but the foaming river Poick, which here again makes its appearance, roaring in the horrible abyss beneath; by the side of whose frightful gorge, and across whose rocky bridges, we frequently bent our course.

"Adelsberg is indeed the German grotto *par excellence.* Those at Muggendorf, however interesting, are mere mouse-holes compared with this, which equals in colossal grandeur its own gigantic Alps. In what other part of the world can we trace a river rushing through the bowels of the earth, or wander through an interminable succession of grottoes?—that is, if we have courage to pursue our researches; for it is supposed to communicate with another grotto, some thirty miles distant, near Trieste."

Another highly interesting excursion in this vicinity

* Some idea of the beauty of these grottoes may be formed from the exhibition at the Colosseum.

may be made to the quicksilver mines of Idria—of which, however, I need not enter into a description.

Trieste is a handsome, bustling port-town, which offers little to attract the passing traveller. In the chief street, the Corso, lined with handsome shops and *cafés*, there are several fine buildings; of the churches, the Jesuits' is best worth visiting. Trieste has more the aspect of an Italian than a German town. Constant steam communication is kept up with Venice, Ancona, Corfu, and the East.

CHAPTER XV.

NUREMBERG — FRANCONIAN SWITZERLAND — MARIENBAD— CARLSBAD—PRAGUE—TEPLITZ—DRESDEN.

Resuming the journey from Ratisbon northward, a hilly drive of twelve hours will bring the traveller to Nuremberg, which bears internal evidence of its high antiquity. The castle, crowning the hill, has been the scene of many an historical event, and commands an extensive prospect of the surrounding country. In the chapel are a few paintings of Albert Durer, whose house still remains in the same state as when he died. A venerable old lime-tree has weathered some hundreds of years in the court-yard of the castle. The gothic church of St. Lawrence may vie with some of our English cathedrals, with respect to the solemn and impressive aspect of its cloistered aisles and windows of stained glass, one of which is more than three hundred years old. St. Sebald's Church is likewise a fine old building, though of a different style to St. Lawrence. In the centre is the shrine, composed of a bronze casting, elaborately worked, in the form of a gothic chapel, with niches around, containing the figures of the apostles, which are admirably executed, and enclosing a chest in which are the relics of the saint. The artist, Vischer, has introduced among the figures, at the lower part, a representation of himself in his working costume.

This work, which occupied Vischer and his sons thirteen years, was finished in 1529.

Nuremberg contains at present about forty thousand inhabitants, all of whom, with the exception of about six thousand, are Protestants; whereas at Munich the bulk of the population are Catholics, who regard with some degree of jealousy their Protestant fellow-subjects of Nuremberg. The Frauenkirch, or Catholic Church, is a small though handsome edifice in the market-place, where also stands the Schönebrunnen, a fountain in the form of an obelisk, adorned with several figures on stone of some of the more prominent characters of antiquity.

There is a collection of pictures in the gothic edifice, formerly the chapel of St. Maurice, though but few are particularly worth remarking, except two or three of Albert Durer. The hospital, which likewise comprises a *hospice* for the reception of the aged and infirm, is a dilapidated low building on the river. The treatment of disease appeared to me to be much inferior to that of Munich.

The costume of some of the inhabitants and peasantry corresponds with the antique appearance of Nuremberg. The women generally wear a cloth dress reaching halfway down the leg, with a coloured kerchief (most frequently red) wrapped round the head, somewhat after the fashion of a turban. The men (as in other parts of Bavaria) wear three-cornered hats, long coats reaching nearly to the heels, and red or other coloured waistcoats, with large metal buttons overlapping each other.

The first railroad constructed in Germany was that between Nuremberg and Furth, a commercial town

about six miles distant, and principally inhabited by Jews. A few miles in the opposite direction lies Erlangen, a neat town of ten thousand inhabitants, and the seat of a university, which, from the reputation of some of its professors, has latterly ranked high among the German universities. The number of students does not, however, much exceed three hundred, those in the theological faculty being the most numerous. They are not given to rioting and duelling, as at some other places. Behind the building of the University is a large garden, which contains a good anatomical and pathological museum. There is likewise a small clinical hospital, containing one hundred beds.

From Erlangen, the small and beautiful tract of country termed Franconian Switzerland may be conveniently visited in three days. It lies to the left of the high-road to Baireuth, and is interesting, not only on account of the picturesqueness of its scenery, but likewise from its magnificent caverns. After a five hours' drive the visiter arrives at Streitberg (where stands the castle, now a ruin, but which formerly commanded the entrance of the valley), and shortly afterwards at Muggendorf, which is the chief place in the district, and the best point for making excursions. After ascending a steep hill, and an hour's good walking, the peculiar-shaped rock termed Adlerstein is attained, whence is displayed a beautiful and extensive panorama, a

"Variegated maze of mount and glen;"

with here and there an old castle crowning an eminence. A little further on, the Riesenberg is seen; this is a

natural excavation between arched rocks, which, viewed from the valley below, presents the appearance of a gigantic castle—whence the name. Following the course of the Wiesent along the valley, you pass beneath Rabenek Castle, perched on the summit of a rock, the perpendicular sides of which might well bid defiance to hostile approaches, and, crossing the hill, arrive next at the Castle of Rabenstein, likewise standing on a projecting rock, and surrounded by immense masses of granite, which must have been at some period detached from the mountains by a terrestrial convulsion. From the castle a path, winding between these masses, leads to the chief wonder of the country—the Cave of Rabenstein. This cavern is divided into four compartments, the first being merely an extensive space on the same level as the ground at the entrance. The other divisions, in order to be seen to advantage, require to be lighted up with numerous candles, by which the whole extent can be perceived, and a singularly wild and *unique* scene is disclosed. Descending by a winding stair cut in the rock, you have an opportunity of admiring the immense and beautiful stalactites descending from the roof and rising from the floors. Several fossil remains were here discovered, most of which were taken away. Some still remain, such as a pair of enormous antlers, and part of the pelvis of the mammoth, which are so deeply imbedded in the incrustation that they could not well be removed, even if the proprietor were desirous that they should be. The third division, though less extensive than the others, contains more beautiful stalactites, which hang from the roof in the form of palm leaves. The fourth part is the largest,

and is mostly filled up with enormous masses of rocks, which form a peculiarly striking and chaotic scene. Altogether, this cavern may be considered as one of the natural wonders of Europe, and a visit to it would well repay the traveller for making a detour of some miles. It is, however, not to be compared with Adelsberg. There is another of these caverns, termed the Forster's Höhle, near Waischenfeld, nearly two hours' walk from Rabenstein, but it is not so interesting.

Baireuth is a small town in an agreeable country, possessing nothing particularly worthy of remark. A pleasant walk leads to the Ermitage, two miles distant. From this, ten hours are required to reach Eger; previous to entering there is an Austrian custom-house. Eger likewise presents no object of particular interest, except the old Castle of Wallenstein, in the interior of which are still preserved some relics of this hero.

Franzensbad is about half an hour's drive from Eger, and four from Marienbad and Carlsbad. Though the environs are not distinguished for scenic beauty, or objects of much interest, this bath has, during the season, an animated and cheerful aspect. On entering, the small temple, beneath which rises the chief spring, the Franzquelle, stands on the road-side. A promenade ground, with booths, colonnade, and the public saloon, lie on the left of the Kaiserstrasse—a range of handsome houses and hotels. There is a large bath-house, as also buildings for the administration of mud and gas-baths. Franzensbad possesses a variety of mineral springs, of whose properties I have elsewhere given a detailed account.

The position of Marienbad is highly picturesque. On

entering from the Eger side, the valley expands into a more open space, bounded by pine-covered hills, and laid out as a garden. On the left are about a dozen large and handsome lodging-houses, the mansion of Prince Metternich being in the centre. At right angles with this range of buildings is another row of larger houses; the Tepl-Haus being at one extremity, and Klinger's large hotel and boarding-house at the other. During the season about a hundred people sit down daily to the *table d'hôte*. Adjoining is a colonnade and promenade room, leading to the Kreutzbrunnen, the principal spring, which rises beneath a cupola, surmounted by a large gilt cross, and which has a more than European reputation. From the Kreutzbrunnen, houses are continued up the hill, and terminate at the old bath-house, forming altogether almost a square, enclosing the public promenade, where, in the season, are booths for the sale of fancy articles. The surrounding hills are equally disposed in walks; that leading to the miniature Switzerland commands the best view.

This neighbourhood abounds in mineral springs. Those of Marienbad may be divided into three classes, viz. the Kreutzbrunnen and Ferdinandbrunnen, which are saline and aperient; the Caroline and Ambrosius, which are chalybeate; and the Marienbrunnen and Waldquelle, which are acidulous. The mud and gas baths are very efficient at Marienbad. Dr. Herzig, one of the resident practitioners, is mostly consulted by English visiters.

Carlsbad is likewise situated in a romantically picturesque position, on the banks of the little river Tepel, and occupying a narrow winding valley, enclosed be-

tween lofty hills, clothed to their summits with pine, beach, and ash, whereon numerous paths, easy of ascent, have been constructed, leading to points which command extensive views of the surrounding country. In the neighbourhood are several houses of entertainment, situated in beautiful spots, to which visiters resort to take tea or other refreshments. The beauty of the environs presents also strong inducements for more distant excursions. The chief point of *réunion* is the Wiese, where the valley is somewhat wider, so as to admit of trees and booths between the houses and the river. At the end of this promenade are the public rooms and *restaurateurs*, the *Salles de Saxe* and *de Bohème*, dinners being served *à la carte*, and where concerts are occasionally given.

Carlsbad offers but few resources for the amusement of the idler, being chiefly resorted to by invalids. There is not that indiscriminate mixture of society which is met with at other baths, where the goddess of pleasure has numerous votaries. There are no balls; and games of hazard, which at some other places attract a crowd of adventurers, are not allowed, neither are there *tables d'hôte;* and the dishes served up at dinner are generally plain, many articles which would be likely to interfere with the action of the waters being prohibited by the medical censors, whose authority, if not openly exercised, is at least tacitly admitted by hotel-keepers and *traiteurs*, so that invalids have seldom the opportunity of committing those errors in diet which so frequently render nugatory a course of mineral waters.

On the right bank of the river rises the Sprudel, exhibiting to the beholder the phenomenon of a perpe-

tual *jet d'eau* as thick as a man's arm, and varying from three to five feet in height. The immediate neighbourhood of the spring is constantly enveloped in vapour, and an odour is perceptible resembling that of boiled meat. On the edge of the basin into which the water flows, is observable a thick green slimy substance, which has been ascertained to consist of innumerable animalculæ, of a similar nature with the *oscillatoria* found in several other thermal springs, the presence of which has been adduced by some authors in corroboration of the opinion of the vitality of mineral springs.

Close to the Sprudel rises the Hygea, which supplies the adjoining baths. On the opposite side, and lower down the river, are the three other springs principally used, viz., Muhlbrunnen, Neubrunnen, and Theresienbrunnen. Besides these are several others, as the Schlossbrunnen, Bernardsbrunnen, &c., which are comparatively little used. A new spring arose last year in the market-place; it does not, however, materially differ from the others in its properties. Close to the above-mentioned three springs, and above the river, is a covered gallery, where the greater number of water drinkers meet, between five and seven in the morning; an excellent musical band being always in attendance at these hours. Another is also stationed at the Sprudel.

There are no mineral springs which have stood higher in general estimation than those of Carlsbad, and none which, since their first discovery, have better sustained their reputation through successive generations, nor are there any on which so much has been written. The first work of importance respecting them, which

appeared as far back as 1522, was written by Dr. Payer, and was termed *Tractatus de Thermis Caroli IV.*

About eight hours' drive through an agreeable country will bring the traveller to the handsome city of Prague, which, being built on seven hills, and also from containing a profusion of churches and other religious establishments, has been likened to Rome. As the Tiber flows through Rome, and is crossed by a bridge ornamented with statues, so the Moldau, having a similar bridge, divides Prague into two parts. On the river's left bank are numerous gardens and vineyards, continued up the hills, which are crowned with fortifications, and the citadel, with the Haradschin Palace, are particularly conspicuous. This was for some years the residence of Charles X. The object of greatest interest is the cathedral, dedicated to St. Veit (who has given the name to a common disease—chorea, or St. Vitus's Dance—from the circumstance of persons affected with the complaint being accustomed to resort for cure to a chapel dedicated to the Saint, near Ulm). The edifice is one of the finest remnants of gothic architecture, and contains many precious *reliques* and curiosities, especially the magnificent monument erected to St. John of Nepomak, the patron saint of Bohemia, whose anniversary, in May, lasts eight days, at which period crowds of devotees flock to the shrine, and encumber the bridge on which his statue is placed (being the spot whence he was cast into the Moldau). The number of colossal statues on this bridge is twenty-eight; and it may afford an indication of the state of religious feeling in Bohemia to mention that, a few years ago, passengers took off their hats or bent the

knee to the statue of the patron saint, while the adjoining one of Jesus was entirely disregarded. Prague was the head-quarters of Wallenstein, whose palace is one of the finest in the city, in which this general held an almost regal court.

"Owing to the number of palaces, churches, public buildings, and other splendid remains of its ancient grandeur," says the English Resident in Germany, "Prague is more imposing than Vienna, and far preferable as a residence, the situation being much more salubrious, and the climate more mild and equable, the cold in winter rarely exceeding twenty-four degrees R., and generally averaging between seven and ten; while during the greatest heat of summer the thermometer seldom rises above twenty-three. Dr. Stultz, a celebrated German physician, who has written upon the relative salubrity of German towns, considers Prague one of the most healthy in the empire, and asserts that it is no uncommon occurrence for the inhabitants to attain the age of a hundred, or even sometimes a hundred and fifteen years. The provisions are good and cheap, and an excellent red wine, resembling Burgundy, is produced in the neighbourhood. The theatre equals that of Vienna: public and private concerts are also very frequent, and, except Vienna, there is no town in Germany where music is cultivated with so much success. Indeed this taste may in the Bohemians be termed truly national, for they excel both in vocal and instrumental; and not a few of the natives travel to Italy, acquire the language, Italianize their names, and make large fortunes at Vienna. Their language, which is

rich and expressive, is also musical, and sounds as pleasing as the Italian when wedded to melody."*

Prague being now connected by railroad with Vienna, a few hours suffice to reach the capital. In the opposite direction a railroad extends as far as Theresienstadt, more than half-way to the celebrated bath Teplitz. This small town lies in an open and agreeable valley, bounded on the east by the chain of the Erzgebirge hills. At each extremity of the principal street is an open Place; in one of these stands the Town-house; in the other, the Schloss, or château of the Prince de Clary, to whom the territory belongs. The grounds behind the château are extensive, laid out *à l'Anglaise*, and are open to the public. The principal alley, being the usual promenade of the Teplitz society, presents an animated scene during the season; a musical band is in attendance at stated hours. Adjoining, are public rooms for restauration, occasional balls and concerts, and the table d'hôte, which, with that at the Poste, are the only ones in the town, it being the custom, as at Carlsbad, to dine *en famille*, or *à la carte*. Being a great place of resort for princes, diplomatists, and the *haut ton* of Germany, there is but little general association; Teplitz would not, consequently, offer much resource for the amusement of a stranger, unless he had previously acquaintances among the Germans. It is, therefore, not resorted to by the English. There is little to interest in the town itself, except the baths, which are magnificent, and better arranged than in most of the watering-places which I have visited. The principal bathing-house, the Herrenhaus, where the

* Sketches of Germany and the Germans.

late King of Prussia was in the habit of residing during the summer season, belongs to the Prince de Clary. The ground floor of the edifice is disposed in several elegant and spacious baths, formed of porcelain tiles of various colours; part of each cabinet, being separated from the bath by a curtain, serves as a dressing-room. At the end of the garden, behind the house, there is a semicircular colonnade, with a portico, beneath which rise three or four springs; the one being the Trink-quelle or drinking-spring; the other, the Augenquelle (eye-spring). The number of drinkers at Teplitz is, however, comparatively small, bathing being the essential part of the treatment. The new Stadtbad, or Town-bath, is likewise a handsome building, containing twenty-two commodious bathing cabinets, and two or three large marble ones, around a central reservoir in which the water is cooled. On the first floor is a spacious promenade room. These baths are supplied by the Hauptquelle, together with the adjoining piscina, or public bath for men, which is a lofty and spacious *local*, in which fifty persons could bathe at the same time. About sixteen were in the bath at the time of my visit; several of them were undergoing the operation of cupping with small tin cups about the size of a liqueur glass. This is a common practice with many patients of the poorer classes, who also frequently remain a long time in the water, which in the public baths is of its natural temperature. Another of these baths is the Furstenbad (Princes bath), so called, not from its being exclusively appropriated to the higher classes, but because it also belongs to Prince Clary. The bathing cabinets are equally elegant and conveni-

ent as in the other establishments. Here, likewise, is a public bath for women, which is more dark and confined than the men's. There is also in the town a Jews' bath. The price of a private bath is eighteen kreutzers (about sixpence) in the morning; in the afternoon it is only twelve.

The adjacent suburb, Schonau, possesses baths equal if not superior in elegance to the town baths.

There are several hospitals at Teplitz, viz., 1st, the Town Hospital; 2nd, the Austrian Military Hospital, in which three hundred soldiers may be accommodated at the same time; each officer having a private room. On an average, each patient uses the baths for a month, so that one thousand two hundred may obtain relief during the season; 3rd, the Prussian Military Hospital; 4th, a Civil Hospital for poor persons of any country, containing about fifty beds; and 5th, a small hospital founded and supported by Prince Clary.

At the time of the earthquake of Lisbon, the principal spring at Teplitz ceased to flow for about a minute, and then burst out with such violence as to overflow the basin, the water being in a state of fermentation, of a higher temperature than usual, and of a deep red colour. When it had again become clear, a quantity of red oxyde of iron was found deposited at the bottom of the basin. Neither the springs of Schonau nor those of Carlsbad were in the least affected.

From Teplitz to Tetschen the country is pretty and well cultivated. This town lies on the right bank of the Elbe, at the commencement of the district termed Saxon Switzerland, and during the summer steamers ply daily between Tetschen and Dresden, for the ac-

commodation of the numerous tourists who come to explore this interesting region. The objects best worth visiting are the Prebischthor, a colossal natural arch, amidst wild scenery; the Kuhstall, an immense cavern capable of lodging several thousand persons, and so called from having been employed by the peasantry for concealing their cattle during the Thirty Years' War; the fortress of Konigstein, and the Bastei, which consists of immense masses of rock, split and broken into a variety of forms and shapes, some being connected by bridges eight hundred feet above the river. The view of this chaos will leave a lasting impression on the memory.

The Elbe, from Tetschen to Pirna, is hemmed in between dark rocky banks and wooded hills, descending precipitously to the water, not unlike some parts of the Rhine between Bingen and Coblentz.

"Like Adersbach," says the author whom I have already quoted, "the whole of the rocky masses that line the banks of the Elbe and the valleys are composed of sandstone, broken into the most grotesque forms. But nowhere is the imagination so bewildered by the near approach to reality as in the Ottawalder Grund, a glen so narrow, and formed by rocks so lofty, that in many places the sun has never shone in its gloomy depths. Here the traveller wanders over snow and ice even in June; and the tiny cascades hang in icicles as they fall. In some places the walls are not more than four feet asunder, and as perfectly perpendicular and smooth as if the chisel had passed over them. In another they meet above, and form a natural roof: here rising into a pyramid, and there suddenly expanding,

till it seemed as if one inverted cone were placed upon the apex of another. He might also believe he was traversing the rude model of some colossal city, or the ruined abode of the Gnomes."

On a hill overlooking the river and the town of Pirna is a large edifice, Sonnenstern, formerly a château, now a celebrated establishment for insane patients, of which I have given a detailed description in my work on the Medical Institutions of the Continent.

Beyond Pirna the banks are flatter; the scenery, though less varied than that previously passed, is yet pleasing, for—

"Even in a plain no humble beauties lie,
Where some broad river breaks the long expanse,
And woods along the banks are waving high,
Whose shadows in the glassy waters dance,
Or with the moonbeam sleep in midnight's solemn trance."

On approaching the capital the banks are more cultivated. The Royal Palace of Pilnitz stands on the right, and from this point numerous villas and country-houses impart animation to the scenery.

Dresden is divided by the Elbe into two unequal parts; that on the right, or new town, being much smaller. The view from the handsome stone bridge of the Japanese Palace—on the one side, the Bruhl Terrace (the most frequented promenade), the Catholic Church, with numerous statues of saints adorning its roof; on the other, of the gardens and villas along the banks—is striking, and will leave an agreeable impression upon the beholder.

The Japanese Palace contains collections of porcelain

and other curiosities. Its garden, descending to the river, is planted with a variety of foreign shrubs and flowers.

The Catholic church is plain internally. Almost all the inhabitants of Saxony are Protestants; the king, however, is a Catholic. The music is particularly fine in this church, and doubtless a great cause of attraction to many of the congregation, of which the male and female part are obliged to keep separate sides. The music is likewise very good in the chief Protestant church, which is of large size, the galleries being disposed like the boxes of a theatre. The picture gallery is in the same square as the last-named edifice; it is the largest, and is generally considered to be the richest, in Germany. The Madonna di San Sisto, of Raphael; the Tribute Money, by Titian; as also a Portrait of his Daughter; the Madonna and Infant in the Manger, by Correggio; Rembrandt's Portrait, and Vandyck's Charles the First—are a few of the most esteemed pictures.

The Zwinger Palace is of a peculiar architecture, somewhat of the oriental or moresque style. The different portions, seen from the centre of the court-yard, have a striking appearance, to which the colossal grotesque figures in relief greatly contribute. It contains the museum of copper engravings, and the largest collection of ancient arms and armour upon the continent.

The costly and curious collection of jewels and curiosities, formed of gold, silver, and precious stones, in the green vaults, is one of the principal sights of Dresden, and perhaps in no one spot is there to be seen

so great a variety of treasures and curious nick-nacks. Mr. Russell says, respecting them, in his work on Germany, "Whoever takes pleasure in the glitter of precious stones—in gold and silver wrought into all sorts of royal ornaments—into every form, however grotesque, that art can give them, without either utility or beauty, will stroll with satisfaction through the apartments of this gorgeous toy-shop. They are crowded with crowns and jewels; vases and other utensils seem to have been made merely as a means of expending gold and silver; the shelves glitter with caricatured urchins, whose bodies are often formed of huge pearls, or of egg-shells, to which are attached limbs of enamelled gold. One is dazzled by the quantity of gems and precious metals that glare around him," &c.

The hospitals of Dresden are but indifferent, and the medical and surgical practice is inferior to that of Berlin. There is, however, an establishment for medical instruction, termed the Medico-Chirurgical Academy, which contains a good pathological museum in the chief apartment, on the first floor of the building, which was formerly one of the largest palaces in the town. The presence of the anatomical and pathological preparations does not harmonize well with the appearance of this handsome saloon, which doubtless was in other days the scene of frequent mirth and revelling, the walls of which still retain the full-length portraits of the former proprietors. Some of the most eminent medical practitioners in Germany reside in Dresden. Dr. Von Ammon, whose name is well known throughout Europe, not only as one of the first

surgeons and oculists, but also as having directed much of his attention to medical subjects, especially mineral waters, is the practitioner most in repute. Dr. Hedenus is likewise in high estimation.

The streets of Dresden are, for the most part, narrow, and the houses lofty and solidly constructed. There are no good squares; some of the new streets are, however, wide and regularly built; nevertheless, the *ensemble* of the inner part of the town has a somewhat sombre appearance. The environs are beautiful, and, in summer, Dresden would be an agreeable place of residence. The winter, however, is generally very cold and windy, and a good deal of rain falls. The price of food is very high, though house rent is lower than at Munich. The inhabitants are, for the most part, courteous, and receive strangers well; a large proportion of them speak English; they live more *en famille*, are more given to money-getting, and, consequently, less to pleasure than those of Southern Germany; there is, therefore, less society and movement. The theatre, however, is well *monté*, and is generally well attended. Literature and science are more cultivated than in the south, but less so than at Berlin and the northern towns.

As a cheap place for the permanent residence of families, and also as regards education, Dresden offers advantages over many other places. In the environs are numerous houses of entertainment, whither holiday folks repair to take tea, hear music, &c. The most frequented of these is Lord Findlater's Coffee-house, overlooking the river. Here, as at all other of the English colonies abroad, church service is performed

twice on Sundays. At one end of the town is the artificial mineral water establishment founded by Dr. Struve, which is open from May to November. In the large garden patients walk about while drinking the waters. The establishment at Brighton is formed upon this model.

CHAPTER XVI.

LEIPZIC — HOMŒOPATHY — BERLIN — HAMBURG — WEIMAR — FRANKFORT — HEIDELBERG — MANNHEIM — BADEN-BADEN — WILDBAD — STUTTGARD.

THE journey from Dresden to Leipzic is performed in three hours by the railroad. This is a large and bustling town, which would offer but little resource to the idler, or inducement for the majority of English travellers to prolong their sojourn. It is the great European market of booksellers and publishers, in which business a large proportion of its population are engaged; and the Leipzic editions of most of the works published in Germany, as well as many of those of other countries, are greatly in request, on account of their comparative cheapness. The catalogue of books, printed every six months, forms of itself a respectable-sized volume. Leipzic is likewise the seat of one of the largest German universities: a handsome new building has recently been completed. The number of students amounts to one thousand. Some of the professors of the medical sciences enjoy a high reputation. There are two large hospitals, the St. Francis, containing two hundred beds, for acute and chronic diseases, and the St. George's, which comprises an hospital, prison, and school for indigent orphans, with some wards for the insane. The view from the tower of the observatory comprises

a considerable extent of the surrounding [illegible] including the battle-field. The belt of public gardens around the town, on the site of the ramparts, forms an agreeable and shady promenade.

At the time of my first visit, I was anxious to see the Homœopathic Hospital, of which I had previously heard, Leipzic being the headquarters of this doctrine. I expected to have found at least forty or fifty beds filled with patients; but was rather surprised to find that the building (which is a small house in the suburbs) only contained eight, and even of these all but two or three were unoccupied. At my last visit to Leipzic, I understood that matters were going on badly with homœopathy, which indeed is now comparatively little heard of in Germany and France, except at Vienna, and only requires to be understood by the public for its absurdity to be apparent, though there will always be credulous individuals who are to be caught by any novelty, when presented under a spacious appearance, and backed by an unintelligible name. During its whole progress, it never was sanctioned by any individual of eminence in the profession, and was principally taken up as a means of acquiring wealth, or a livelihood, by persons who had never been previously heard of, or who were known as having failed to acquire practice by the honourable exercise of their profession, by whom every means were taken to puff it into notice, and to keep public attention directed to it; such as repeated histories of cures, the establishment of dispensaries, of which, I believe, the only one that remains is the above-mentioned at Leipzic, even if that be still in existence; for, a few months before my arrival, the house-physician

having become convinced, during a residence of some time in the dispensary, of the nullity and danger of homœopathy, gave up his appointment, and published an exposition of the system pursued, with an account of cases, which clearly shows (what had long been evident to the bulk of the profession and the public) that the so-called cures were recoveries from ordinary ailments by the efforts of nature, which were frequently a long time under treatment; whereas, by a proper medication and attention at the outset, they might probably have been removed in a few days, and that many of the more serious cases got worse instead of better, for the want of active treatment.* It must not be supposed that the homœopathists always adhere to the principles of the doctrine. It has not unfrequently happened that persons who attributed their recovery to homœopathy, were treated allopathetically without their being aware of it. In fact, one practitioner in Leipzic, a professed homœopathist, candidly acknowledged that he pursued both plans of treatment, and was accustomed to ask his patients by which method they would be treated, as both were equally good.†

Little had been previously heard of homœopathy among English practitioners, till I published an account

* Ueber die Nichtikict der Homœopathie. On the Nothingness of Homœopathy.—Leipzic, 1840.

† The fate of the Duke di Cannizzaro, well known some years ago in London as the Count St. Antonio, is an exemplification of this. Having to take homœopathic globules at intervals for some slight ailment, in order to save trouble he took three doses at once, and died two hours afterwards; the supposed globules being a concentrated preparation of *Nux vomica*.

of it and of animal magnetism, as an appendix to my work on the Medical Institutions of the Continent.*

About six hours is required for the journey from Leipzic to Berlin, which is of comparatively modern origin, and the most regularly-built city in Europe. The streets, intersecting each other at right angles, afford evidence of the military character of its founder. A wide street, with promenade beneath lime and other trees, in the centre (Unter den Linden), extends for nearly a mile from one of the city's finest monuments, the Brandenburg Gate, to the university, arsenal, museum, and royal palace, which are contiguous to each other. The palace, except from its size, is not remarkable in point of architecture; the interior is not inferior in magnificence to the other royal palaces in Germany. The museum is, however, a noble edifice, with a fine lofty portico extending the whole length of the *façade*, the ascent being by a magnificent flight of steps. The sculpture and statues occupy the lower hall and rotunda. The collection of pictures is larger than either at Dresden or Munich, but does not contain so many choice works. They are arranged in separate apartments, according to the various schools. The arsenal is likewise a fine building, containing a magnificent collection of arms of various kinds, and the figure of Frederick the Great, in the clothes which he wore, with many other objects of

* I beg to refer those interested in these subjects to the third editions of my works, "Hydropathy and Homœopathy impartially Appreciated, with Notes illustrative of the Influence of the Mind on the Body," and "Animal Magnetism, with Report on Clairvoyance."—Churchill, Princes-street.

interest. The university is perhaps the best in Germany, from the high repute of its professors, and the facilities afforded for the acquisition of science. The medical school stands deservedly high, and the anatomical and pathological collections are not equalled by those of any other city, with the exception of London. Among the other objects of interest may be enumerated the Egyptian Museum, in the outskirts of the town, and the manufactory of iron ornaments, which were formerly a great deal worn. During the war with Napoleon, when the government was in great financial straits, the ladies contributed their jewels and trinkets, receiving in return articles of the iron manufactory, impressed with the inscription "*Ich gab gold für Eisen.*" The bronze statue of Blucher stands in a central and conspicuous position.

The principal street and square are the Wilhelm's Strasse and Platz; the houses are low, and the wide and badly-paved streets look, for the most part, deserted, on a comparison with those of Vienna. The equipages are also comparatively few in number. The population is, however, much smaller than in the southern capital (not much exceeding 200,000), while the city occupies a great extent of ground.

The Spree is a sluggish stream, which by no means conduces to the salubrity of the town, which is not raised above its level. This circumstance, combined with the flat and arid environs, the roads being deep in sand, renders Berlin oppressively hot in summer; and in winter it would offer but few resources, as the Berliners are not much "given to hospitality:" there is, consequently, but little cordial society, and the royal

and other parties are but monotonous affairs. The character of the Prussians is, however, of a more sterling nature than that of the southern Germans, and the different branches of literature and science are more arduously cultivated in the north. The chief source of amusement is the opera, the house being one of the finest buildings of the city, and the *artistes* first-rate. The pastry-cooks' and liqueur shops, at the corners of the principal streets, are favourite resorts of the inhabitants. There are also many under-ground cellars, where those of the inferior class are in the habit of congregating.

Berlin, being more of a military capital, there is but little commerce or manufactures as sources of revenue.

The Thiergarten, or park of Berlin, outside the Brandenberg gate (being the only space in the neighbourhood planted with trees), has a sombre aspect as compared with the promenades of Vienna. There are, however, concerts, and other means of recreation, provided in the summer. Most travellers will be satisfied with a few days' sojourn at Berlin. The monument to the late queen, at Charlottenberg, and the retreat of Frederick (Sans Souci), at Potsdam, are the chief objects of interest in the neighbourhood.

The railroad to Stettin and the Baltic has been open for some time; that conducting to Hamburg is of more recent construction, and is of immense advantage, not only from Berlin being thereby brought into more direct communication with other countries beyond the sea, but also because it relieves travellers of the monotonous and dreary passage along the sandy roads.

Hamburg, though a fine city, and one of the largest

commercial ports, presents no inducement to most visiters to linger within its precincts. Except the Exchange and St. Michael's Church, there is but little worth seeing as regards public buildings. A fine view may, however, be enjoyed from the church spire, of the city, with its pleasing environs, and of the course of the Elbe for many miles; and, in an opposite direction, of the plains of Holstein, and the free town of Lubeck, which is the chief point of embarkation for St. Petersburg or Copenhagen. The most frequented promenade of Hamburg is on the banks of the Alster, which here forms a basin of considerable extent, enlivened in summer by numerous boating parties. The *trajet* from Hamburg to London occupies from forty-eight to fifty-six hours.

The traveller proceeding from Berlin towards the Rhine, may either avail himself of the uninterrupted railroad communication with Cologne, passing by Magdeburg, Brunswick, and Hanover; or he may take the more interesting route by Weimar, Gotha, and Eisenach to Frankfort, the railway being now open to within some miles of this city.

Weimar is a handsome, cheerful-looking town, which has long been the resort of distinguished literary characters; both Goethe and Schiller resided here many years: the house of the latter poet is shown, the rooms being left in the same state as during his life. The remains of these two illustrious men lie side by side in the ducal vault of the chapel attached to the new cemetery outside the town: the coffins may be seen through an iron grating. Here, as at some other parts of Germany, bodies are exposed to view for a certain

time, a string being attached to the fingers, which, on the slightest movement, sounds an alarum in the porter's lodge, as a precaution against premature interment. On enquiry, however, I learned that there had been no instance of resuscitation. The opera is well conducted at Weimar. The grounds of the château are extensive, well shaded, and park-like. The printing establishment of books and maps of Dr. Froriep will repay the trouble of a visit.

Jena, some miles distant from Weimar, is a neat little town in a romantic position, being principally celebrated on account of the great battle which took place in its vicinity, and as the seat of an university. The students were formerly very turbulent, but, since 1830, there has been scarcely any disturbance; duels are also less frequent than formerly. The Burschenschaften appear, in fact, to be practically abolished in almost all the German universities. The number of students at Jena does not much exceed 500. After lecture hours they may often be seen strolling about the town or country, each with his long pipe, and generally two or three together, one arm being lovingly entwined round the neck or waist of their comrade. The building appropriated to the university was formerly the castle. It contains a public examination hall and a library, with mineralogical, anatomical, pathological, and zoological museums.

Between Weimar and Gotha lies Erfurt, where the traveller may visit, *en passant*, Luther's cell, and one or two other objects of interest which this town contains. At Gotha, the château, standing on an elevated position and surrounded by gardens, is the chief attrac-

tion, from its containing a rich museum, and a variety of curiosities, including the three-cornered hat, boots, and gloves worn by Napoleon at the battle of Leipzic. Near Eisenach stands, on a lofty hill, the Castle of Wartburg, where Luther was long concealed under an assumed name. In the Rittersaal are several fine suits of armour, and the view from the windows is extensive and beautiful.

From Eisenach to Frankfort there is nothing to attract particular attention: by diverging, however, from the high-road at Fulda, the Bavarian baths, Bruckenau, Bocklet, and Kissingen, may be visited with interest. The first of these lies in a verdant and extremely picturesque valley, through which flows the little river Sinn, and consists of the residence of King Louis, who generally passed here some weeks in the summer in an elegant kursaal, built in the same style as the public edifices at Munich, the interior being richly decorated with fresco paintings, a large bath-house, and a few lodging-houses. There are three springs: the principal one is highly gaseous and chalybeate, and is, in summer, a pleasant beverage.

A drive of about four hours through beautiful and varied scenery will bring the visiter to Bocklet, which lies a little way from the road to Kissingen, from which it is distant a German mile. At one end of the poplar avenues forming the promenade are two buildings, the bath-house and pump-room, the upper part of each being disposed in apartments for the accommodation of visiters. Between these two buildings is a portico, with terrace, whence a descent by a flight of steps leads to the springs. The best accommodation is, however,

in the buildings at the other end of the avenue, the Neubau and Fürstenbau. The springs are saline-chalybeate.

The repute of Kissingen has greatly increased of late years, the number of visiters having been much augmented. Its position is elevated and cheerful, in an open part of the valley of the Saal, surrounded by meadows and corn-fields, and sheltered from cold winds by high hills. The heat in summer is not so oppressive, but rain more frequently falls than at many other baths. The town is clean, and contains near 2,000 inhabitants, the two principal streets being wide, and the houses well built. A large proportion of the visiters lodge in the Kurhaus, opposite the promenade, containing several bath cabinets. During the season upwards of two hundred people sit down daily to the *table d'hôte*. The dinners here and in the hotels are extremely plain; those sent to private houses are often very indifferent; so that the *bon vivant* would have little inducement to remain at Kissingen unless to recruit his health. In fact, as there are but few pleasure visiters, the *tables d'hôte* are under the surveillance of the authorities, and nothing is allowed to be served up that is likely to disagree with the action of the waters.

The Baierischer, Sachsischer, and Wittelsbacker Hofs are somewhat primitive in their accommodation. The resident physicians have large houses, and lodge visiters. Dr. Travis usually passes the season here, wintering at Nice.

On the promenade, opposite the Kurhaus, rise the three principal springs, the Ragozzi Pandur, and Maxbrunnen; the two former being tonic and aperient,

the latter an acidulous water, like that of Selters. The Ragozzi is largely exported. Besides these, there are also saline springs, about a mile distant from the town, from which a large quantity of salt is obtained; the water being raised high in the air by machinery, and evaporated by passing through thorn bushes. One of these springs presents the curious phenomenon of ebbing and flowing at stated intervals. After the water has occupied the same level for some hours, a deep rumbling noise is heard, and it descends in the well twelve or sixteen feet, whence it gradually remounts to its former level. Of late years the water has risen and fallen six or eight times in the space of twenty-four hours, an hour being required for its ascent and another for its descent.

The approach to Frankfort is indicated by numerous handsome country-houses and gardens. The city itself, however, does not contain many objects calculated to interest the passing traveller. The most usual promenade is on the site of the ancient fortification, now agreeably laid out as a garden, with parterres of flowers and shrubs; a musical band being often in attendance in the summer. One of the houses belonging to Mr. Bethmann, the banker, contains the Ariadne, Dannecker's *chef d'œuvre*, placed in a room with pink curtains, which impart to the statue a flesh-coloured hue.

Frankfort possesses an extensive and well-arranged museum of natural history, and a good theatre; some of the streets are wide and handsome, and the houses and hotels palace-like, especially along the spacious quays and on the Zeil, which would bear a comparison with the finest streets of Europe. A stone bridge

crosses the Maine, which is too narrow to admit of its being navigated; a small steamer, however, plies in the summer to Mayence. The new burial-ground, outside the town, though much inferior to that at Bologna, is upon the same plan; precaution against premature interment, already adverted to, is likewise taken here.

The population amounts to more than 50,000 persons, of which nearly one-fifth are said to be Jews, who, however, are no longer restricted, as formerly, to living in a particular quarter of the town.

Frankfort possesses some advantages for a permanent residence. Being the seat of the Germanic Diet, there are representatives from all the great powers; and there is, in the winter, a good deal of Society among the members of the *corps diplomatique*, bankers, and merchants, which, however, is said to be greatly tinctured with illiberalism and the spirit of coterie. The Church of England service is performed by the chaplain attached to the British mission. The Casino is well supplied with periodical literature, including some of the London journals: visiters can be introduced by a member. House rent and living are, however, more expensive than at other towns in this part of Germany. The air is pure, but the climate in winter is cold, and high winds are not uncommon. On the whole, Frankfort would not be an unhealthy place of residence for persons in health, but it would not be an advisable one for invalids.

Rail communication is progressing rapidly between Frankfort to Wurzberg and Bamberg, there to join the northern line between Munich and Berlin. It has

been established for several years to Mayence and Wiesbaden, and latterly to within a few miles of Basle, which has been already adverted to. This is an interesting route; the scenery is agreeable, and several places of importance lie along the line. The environs of Darmstadt abound in gardens and pleasure-grounds. From the gate a fine avenue of lime-trees is continued a considerable distance along the high-road.

Darmstadt owes its existence to the residence of the ducal court. Its general aspect is handsome and court-like. Scarcely a shop is to be seen in the best streets, which are spacious and well-paved, crossing each other at right angles. The finest is the Rhein Strasse, leading from the central square, in which stands the palace, to the Rhine-gate, beyond which another magnificent vista of lime-trees is continued for more than two miles.

The country between Darmstadt and Heidelberg is beautiful and fertile, though, as in France, no country-houses or detached cottages are to be seen, the population being congregated in towns and villages. The peasantry in this part of Germany are poor and hard-working, living chiefly upon coarse bread, vegetables, and milk, with animal food occasionally, and the inferior kind of Rhine wine. They are, however, for the most part, strong and healthy. Women are very commonly seen working in the fields till a late hour in the evening.

Mannheim, like Darmstadt and Carlsruhe, is a town of modern erection, being scarcely more than a century old. It stands on the right bank of the Rhine, and is connected with the opposite side by a bridge of boats, and has, at first view, rather an attractive appearance,

the streets being wide, well-paved, and built in straight lines, the houses white and stuccoed, and there are three or four spacious squares. The palace is rather an imposing structure, enclosing a spacious court-yard; its interior contains a few good pictures. The gardens are extensive, prettily laid out, and terminate in a long terrace, overlooking the Rhine. There are now but few English residents at Mannheim, as compared with some years ago, when the winter society was more agreeable. Living and house-rent are cheap, and the theatre is tolerably good. The climate in winter is, however, cold and damp; part of the environs are marshy, and intermittent fevers are frequent among the inhabitants. I have known the health of some English persons to be materially deranged by a few months' residence at Mannheim. Steamers pass and repass several times in the day; the journey may now be made from Mannheim to Cologne in one day, and to London in less than three days.

Twenty minutes are required to reach Heidelberg from Mannheim. Half-way are the mosque, gardens, and fountains of Schweitzingen, constructed in the middle of the last century. The environs of Heidelberg are a perfect garden, producing abundance of fruit and grain, while

"The vine, the merry cheerer of the heart,"

ripens on many a sunny slope, and, though no longer contributing to fill the "tun," still diffuses its inspiriting influence throughout the land.

Heidelberg is placed on the left bank of the Neckar, at the foot of a chain of hills extending up the valley,

and is overlooked by the extensive and picturesque ruins of the castle, formerly the residence of the Electors Palatine, and one of the most interesting objects in Rhenish Germany. The castle was built of the reddish sandstone which abounds in the neighbourhood, and which still serves for the construction of many of the buildings in this part of the country. From the terrace a delightful prospect may be enjoyed,

> "O'er vales that teem with fruits, romantic hills,
> Whereon to gaze the eye with joyance fills;"

as also of the placid Neckar, and of the rich plain through which "Father Rhine" pursues his steady but rapid course.

The town is old, clean, and cheerful-looking, and may be an agreeable place for a temporary sojourn. The population amounts to about 12,000 individuals, Catholics and Protestants, between whom religious differences excite no feelings of animosity; both, in fact, use the same church for public worship. The university is but thinly attended: the present number of students does not exceed five hundred. They have latterly been politically quiet, but duels among themselves are of very common occurrence; almost every third or fourth of them has his face disfigured by a scar. It is seldom, however, that these duels prove mortal, on account of the precautions taken beforehand; to prevent such an occurrence, a surgeon is paid by the state to take care of the wounded. Professors Tiedmann and Chelius are attached to the medical school, which is highly estimated in Germany.

Fine avenues of trees line the road on approaching

Carlsruhe, the southern outskirts being disposed as agreeable pleasure-grounds. This town, like Darmstadt, has been built little more than a century, and is entirely dependent upon the grand ducal court. The streets are spacious and regularly built, the houses white and new-looking. The palace is a handsome edifice, occupying, with its dependencies, a semicircle at the principal Place, the area of which is planted with trees and shrubs, and whence the chief streets diverge. The number of inhabitants is about sixteen thousand, besides the military, who are numerous. Buggies are seldom seen in this or other towns along the Rhine. Some English families have taken up their residence at Carlsruhe, which offers facilities for education, and is a cheap place of abode.

Baden-Baden lies partly on the acclivity of a hill, on which stands the château, and partly in the valley, which is disposed in meadows, corn-fields, and orchards, and is surrounded on all sides by lofty hills, clothed to their summits with beech, oak, and pine. The little river Oos "with gentle murmur glides" through the valley, diffusing fertility around, and on many of the lower eminences the vine is cultivated.

Baden possesses the advantage of numerous shady walks, both in the valley and among the hills, without which the heat in summer would be excessive. The public pleasure-ground is agreeably laid out in parterres of shrubs and flowers, through which serpentine many pleasant paths, sheltered by rows of acacias and chestnut-trees. The Conversation-haus, where *réunions* for restauration, dancing, and gaming take place, is elegantly fitted up. Play is a great inducement for many

objectionable characters to resort to Baden; and on that account it is not so much frequented by families of the higher classes as it would otherwise be. A splendid pump-room, with portico, where many of the waters imported from other baths are drunk, has been erected of late years. In the pleasure-ground, during the season, are numerous booths for the sale of prints, trinkets, &c. The town is clean and cheerful-looking; it contains upwards of five thousand inhabitants, and could receive nearly an equal number of visiters at a time. Many new houses and hotels have been built within the last few years, and the accommodations have been altogether greatly improved. The principal hotels are the Badischen, Englischen, Zahringen, and Russichen Hofs. There are likewise several other large hotels, which have baths in the house. The Church of England service is performed during the season.

As only one good carriage-road passes through the valley, excursions are usually made on foot or on donkeys. The fine oak avenue leading to the village and convent of Lichtenthal, is the most frequented afternoon drive. Among the most interesting objects in the environs may be mentioned the Jagdhaus, the ruined castle of Ibourg, and the castle of Eberstein, overlooking the picturesque valley of the Murg. Many delightful paths have likewise been made among the hills. One of the pleasantest is that leading to the extensive ruins of the old castle, which forms a prominent object in the view from below, and whence the eye ranges over a beautiful prospect of the pine-covered hills of the Black Forest on the one side; and on the other, of the plains

extending to the Rhine, beyond which towers the lofty and elegant spire of Strasburg Cathedral.

At Baden, as at every other watering-place out of the season, houses and apartments may be hired at a very low rate. It is not, however, eligible as a winter residence; for though it be in great measure sheltered from cold winds, yet, after rain, the ground remains long wet, and the dews in autumn are generally very heavy. Provisions and other necessaries are likewise very scarce, except during the season, and many of the essential articles of consumption require to be sent from Carlsruhe.

Wildbad is about seven leagues distant from Baden. The drive by the new road, across the mountains and the Murgthal, offers a pleasing diversity of scenery. This bath is greatly improved within the last few years. It lies in one of the most sombre valleys of the Black Forest; and, though there are some agreeable paths among the mountains, would be but a dull place of abode for any length of time, unless seclusion, or the restoring powers of its waters, was sought for. At one extremity of the principal street are the hotels, the new kursaal, and baths, occupying a Place. Behind flows the rapid rivulet Ens, the banks of which for upwards of a mile constitute the most usual promenade. The climate is raw and cold during great part of the year, whilst, from the deficiency of free ventilation, to which narrow valleys between wood-covered mountains are subject, the atmosphere must be considerably charged with moisture for some time after the falling of heavy dew or rain.

The water rises, through a layer of fine sand, to a

height of from two to three feet in the basins or piscinæ, in which several persons may bathe at the same time. The natural temperature of the water is 30° R., being that best adapted for bathing. The baths are extremely refreshing and agreeable, and are calculated for the alleviation of several chronic disorders.

Stuttgard, the capital of Wurtemburg, is about four hours' drive from Wildbad, and is pleasantly situated in a valley surrounded by hills, on which the vine is cultivated, and, with the numerous white country-houses in the environs, looks well from a distance. It contains about 30,000 inhabitants, though but little to interest the passing traveller, and offers no inducement for a protracted sojourn. The palace is surmounted by an enormous crown in bad taste. The interior is handsomely, but not gaudily, furnished. Since the construction of this palace, the old one, in the centre of the square, has been appropriated to government offices. The palace gardens are extensive, prettily laid out *à l'Anglaise*, and open to the public; they terminate at Rosenstein, the summer residence of the king, two miles from the town, of which it commands a good view, as well as of the course of the Neckar. The interior is tastefully fitted up. The chalybeate springs of Camerstadt, in the neighbourhood, are frequented by residents of this part of the country; but possess no particular advantage over other baths of the same character, better provided with resources.

Stuttgard is now in railway communication with the lake of Constance by Ulm; and (nearly so) with Carlsruhe and Heilbronn.

CHAPTER XVII.

NASSAU BATHS — WIESBADEN — SCHWALBACH — EMS — THE RHINE — AIX-LA-CHAPELLE — SPA — BRUSSELS — ANTWERP — ROUTE TO CALAIS.

THE Duchy of Nassau, though small, is extremely beautiful, comprising a great variety of scenery; while the fertility of its soil in many parts, its extensive woods, its numerous valuable mineral springs, and its vineyards, which produce some of the most esteemed kinds of wine, are never-failing sources of its richness. The most beautiful parts lie in the north about Limburg, the banks of the Lahn, the Rheingau, and some localities of the Taunus Mountains. The air of the duchy is light and salubrious, and many of the inhabitants attain an advanced age. The great majority are Protestants. The labouring classes are sober and hard working: they are all educated so as to be able to read and write; and, though many of the peasantry are extremely poor, there is no appearance of absolute destitution, and begging is very rare.

Wiesbaden, the capital, is encircled by low cultivated hills, behind which, on the north and north-east, rises the range of the Taunus Mountains, clothed with pine and other trees, the dark foliage of which forms a pleasing relief to the verdure of the valley and the white buildings of the town. The old part of the town pre-

sents nothing particularly remarkable; but the appearance of the Wilhelm's Strasse, a handsome row of new houses fronting the promenades, is striking. Many other new streets, as well as isolated public buildings —among which is the Ducal Palace, in the centre of the town; the Ministerium, or public offices; and the new Catholic Church—have been erected within these few years, and the accommodations for visiters now leave little to be desired.

The Curhaus der Vier Jahrszeiten, one of the most extensive hotels on the continent, forms a corner of the Wilhelm's Strasse, and one side of a square, on the opposite side of which stands the new theatre, a neat building, where there is always a good company of performers during the season; at which period, also, concerts and exhibitions are given, by artists of celebrity from other towns in Germany, or from London. Across the road is a grass enclosure bordered by avenues of limes, and on either side a colonnade for shops. At the extremity stands the Kursaal, an edifice which contains a magnificent saloon for balls and public assemblies, with smaller apartments for refreshment and gaming, which is licensed by government during the season, though the inhabitants of the town are prohibited from risking their money. The visiters for the baths do not generally take an active part in the public balls, which are more particularly attended by the inhabitants and holyday-folks from the neighbouring large towns. The *réunions dansantes*, which take place twice a week in one of the smaller rooms, are more select, and are generally preceded by a concert. The ground around the Kursaal and colonnades is laid

out as a public garden, adorned with shrubs and flowers, and sheltered by acacias and other trees. From this pleasure-ground an agreeable path is continued by the side of a streamlet up the valley of Sonnenberg, as far as the ruins of the ancient castle, two miles from Wiesbaden.

Nothing, in fact, has been neglected to render Wiesbaden the most frequented watering-place in Germany: the walks and drives are pleasing and varied; and from the rising grounds, the Rhine, with Mayence and other towns on its banks, are seen. The population amounts to upwards of 12,000, consisting principally of *rentiers*, government *employés*, tradespeople, and those connected with the bathing establishments, most of which are in the neighbourhood of the Kochbrunnen, or principal spring, which rises in an open space in the town, close to the acacia avenue, where the water-drinkers walk up and down in the morning, at which time an excellent band is in attendance. It is usual here, as at other German watering-places, for a band to play during dinner-time at the principal *tables d'hôte*, though the music is frequently too noisy, and is not much relished by many of the English.

The heat of the weather in July and August is, at times, very oppressive, and thunder-storms are not unfrequent, but are usually of short duration; the evenings are generally fine and pleasant, and the air on the hills is light, bracing, and well calculated to remove the oppression caused by the atmosphere of the valley. From its sheltered position, Wiesbaden possesses a good winter climate for Germany, and is drier than that of Baden. Several English families have remained the last

few winters. House rent, at this time of the year, is of course, low, compared with what it is in the summer.

Sunday is a gala-day in the season; the shops continue open, as do the theatre and Kursaal, which are generally filled with visiters from Frankfort, Mayence, and other towns in the neighbourhood. On these occasions, some hundreds of persons dine at the *tables d'hôte* of the Kursaal, the Vier Jahrszeiten, Düringer's, and the Adler. Almost all the English remaining at Wiesbaden, and other places in Germany, during the season, dine at the *table d'hôte*, private dinners being not unfrequently composed of dishes warmed up a second time. One o'clock is the usual dining-hour; but, for the convenience of those who prefer to dine later, a four o'clock *table d'hôte* is provided at some of the principal hotels, the price being higher, and the dishes of a better quality.

The duke resides, in the summer, at Biebrich, a château on the Rhine, about three miles from Wiesbaden, where there is an extensive garden, to which visiters have free ingress. A ducal hunting-box, Die Platte, stands in a conspicuous position on an elevated ridge of the Taunus, and is usually visited by strangers. The apartments are tastefully fitted up, with furniture chiefly made of stags' horns, and several fine pairs of antlers hang around the hall as trophies of the late duke's achievements in the chase. From the roof a fine prospect is obtained of an extensive tract of variegated country, including the course of the river for several miles, and the chain of the Bergstrasse Mountains, with the woods of the Taunus and Wiesbaden lying immediately beneath:—

"Here waving groves a checker'd scene display,
And part admit, and part exclude the day;
There, interspersed in lawns and opening glades,
Thin trees arise that shun each other's shades;
Here, in full light the russet plains extend,
There, wrapt in clouds the bluish hills ascend."

Those who are more particularly interested in the properties of the mineral springs, may refer to my work already mentioned.

A two hours' drive from Wiesbaden, passing through part of the Rheingau, will bring the traveller to the delightful and secluded little bath Schlangenbad, which consists of a large Nassauer Hof; the old and new bath-houses, likewise large edifices, capable of lodging many visiters; and four or five smaller hofs, or lodging-houses. There is likewise an old rambling-looking building, which served formerly as the public room, and where the attempt was made to establish a roulette table. The hills by which Schlangenbad is enclosed are thickly wooded; numerous walks, easy of ascent, have been cut to points whence extensive views may be obtained.

Those who require quiet and retirement might pass a few weeks very agreeably at Schlangenbad, which, being higher and more shaded, is a much cooler residence than Wiesbaden. The baths also, from being but slightly mineralized, may be used by persons in health without risk, and not only impart a pleasurable sensation at the time, but likewise a feeling of *bien être* for the remainder of the day. From the neighbourhood of Schlangenbad to Wiesbaden and Schwalbach, there is a constant interchange of visiters between these baths.

Schwalbach is about an hour's walk from Schlangenbad, or a two hours' and a half drive from Wiesbaden, through the woods of the Hohe Wurzel, one of the highest of the Taunus hills. This small town lies in a narrow valley, enclosed between steep hills almost denuded of wood, which imparts to them, at first view, rather a cheerless aspect. There are few continental watering-places, however, which present more advantages for the temporary residence, in the summer months, of those who are desirous of avoiding the bustle and society of larger baths, especially should their health require the employment of chalybeates.

Schwalbach lies considerably higher than Wiesbaden; and though the town itself is at times hot in the middle of the day, when the sun's rays are reflected from the hills, yet the air out of the valley is extremely bracing; the ground soon dries after rain, and the walks and rides in the environs are highly beautiful and varied. Within the last few years the place is considerably improved in its appearance and accommodations, though the people are said to have become more *exigeans*. It must be borne in mind, however, that the season lasts little more than two months, after which several of the hotels and houses are unoccupied during the remainder of the year. Here, also, gaming-tables are established in the public rooms of the Allee Saal, the principal hotel, which opens out upon the Allee on a fine avenue of trees continuous with the public promenade, where two of the springs (the Weinbrunnen and the Pauline) arise; the third spring (Stahlbrunnen) is separated by a low hill from the others. Near the Weinbrunnen is the new bath-house, which contains numerous commo-

dious bathing cabinets, and a promenade room. As the waters of Schwalbach are cold, they require to be heated to the proper temperature for bathing, which is effected by means of steam. A colonnade extends the whole length of the building, beneath which booths are opened in the season for the sale of books, toys, &c.*

About four hours are required for the journey from Schwalbach to Ems. The road is hilly as far as Nassau, a pretty hamlet, delightfully situated on the right bank of the Lahn, which is crossed by a neat suspension bridge. On the hill overlooking the village are the ruins of the Castle of Nassau, which, with the surrounding territory, was the original patrimony of the ancestors of the duke, and which now forms a prominent and interesting feature in the scene. From Nassau to Ems the road follows the course of the river as it winds between woody and cultivated hills.

Ems consists chiefly of a long range of houses, built against hills, which rise steeply behind it to a considerable height. The side of the valley is so narrow that there is barely space for the road and the public promenade between the houses and the river. Several houses have latterly been built on the opposite bank. The principal building is the Kurhaus, which stands in the centre of the village. On the ground-floor the water of the two principal springs is drunk. Between the two springs there is a long passage, on either side of which are ranged stalls for the sale of fancy articles; the upper stories of the building are disposed in apartments, the price of each, as fixed by the government,

* The Poste, the Herzog von Nassau, and the Hotel de l'Europe, are the houses most frequented by the English.

being ticketed on the door, as this establishment belongs to the duke. The public garden opposite the Kurhaus, though small, is prettily laid out. Within the last few years a handsome Kursaal has been constructed, in place of the former public rooms, for assemblies and play. An excellent musical band performs in the garden morning and evening, at the hours of drinking the waters. The Russichen and Englischen Hofs, and the new hotel of the Vier Jahrszeiten, may be mentioned as the principal hotels. The lodging-house of the Vier Thurmen, a large isolated building, surrounded by a garden, at the extremity of the town, and the only private house containing baths, with a turret at each angle, forms a striking object in the picture of Ems.

The situation of Ems is eminently beautiful, and the neighbourhood possesses several objects of interest, to which excursions are usually made on donkeys, which are here numerous and well-conditioned, and without which many of the visiters would be unable to ascend the steep hills by which the valley is enclosed. From this narrowness of the valley there is a want of free ventilation: the air is exceedingly oppressive and relaxing in July and August; so that it would not be an eligible residence at this time of the year for those who do not require its waters. The only road for carriages is the one passing through the valley from Coblentz, which is about twelve miles distant, or to Schwalbach and Wiesbaden, which is daily traversed by an eilwagen.

Mayence is seven miles distant from Wiesbaden, whence the *trajet* is made in twenty minutes by the railroad to Cassel, the fortress on the right bank of the

Rhine, which forms part of the fortifications, and is connected with Mayence by a bridge of boats. Though belonging to the duchy of Hesse Darmstadt, Mayence is strongly garrisoned by the Austrians and Prussians, owing to its importance as a fortress of the Confederation. It looks well from a distance, but possesses few interesting public edifices except the cathedral, and only two or three good streets, the majority being narrow and irregularly built. A bronze statue of Guttenberg, of indifferent execution, stands in the market-place. The number of inhabitants amounts to about 30,000, exclusive of the military. A short distance from the town is a public garden, with a platform overlooking the Rhine, at the point where the Maine flows into it, and commanding a good view of Mayence, its bridge of boats, and part of the Rheingau, with the Taunus in the background. The military bands of the garrison play here alternately every week during the summer, on which occasions many of the Wiesbaden visiters resort to Mayence.

Steamers leave Mayence daily for Cologne, touching at Biebrich, whence the journey to Rotterdam may be made in two days. With the exception of the part between Mayence and Bonn, the banks of the Rhine are flat, and present but little interest; so that most travellers quit the river at Cologne, and pass through Belgium to reach the sea, either at Antwerp or Ostend, which is the most expeditious route to England since the railroad has been completed.

On descending the river from Mayence, the Palace of Biebrich first attracts attention, and looks well from the water. Further on lie the pretty towns of Geisen-

heim and Rudesheim, where two of the most esteemed wines of the Rheingau are produced. The Castle of Johannisberg, on its vine-covered hill, is likewise a prominent object in this part. Opposite Rudesheim stands Bingen, whence persons not pressed for time will derive much gratification from ascending the beautiful valley of the Nahe, beyond Kreutznach, the waters of which have been a good deal in repute during the last few years. The scenery of this valley is of the highest order of picturesque beauty. At Bingen the Rhine, becoming narrower, serpentines rapidly past

"Many a rock which steeply lowers,"

crowned with castellated ruins, and hills cut in terraces for the cultivation of the vine, rising above neat towns and villages which adorn the banks; among these Oberwesel (above which stands the Castle of Schönberg), Boppart,* and St. Goar, which is overlooked by the ruined fortress of Rheinfels, are remarkable for the beauty of their position, the river at these points being hemmed in by the mountains, so as to give it the appearance of a lake. Rheinfels was one of the most extensive of the fortresses on the Rhine, and was considered impregnable till it was taken by the French, by whom it was destroyed. It now presents a complete picture of desolation:—

"Verbrannt sind Thüren und Thore
Und überall ist es so still,
Das alte verfallne Gemäuer,
Durchklettr' ich wie ich nur will."

* Overlooking Boppart stands Marienberg, formerly an extensive convent, now an establishment for the cold water cure, of which I have given an account in my work, "Hydropathy and Homœopathy impartially Appreciated."

Marksburg, the only one of these castles which has escaped destruction, and is in a habitable condition, is now used as a state prison. It stands perched on the summit of one of the highest and steepest rocks, and is seen from a considerable distance. Further on stands Stotzenfels (which was presented to the King of Prussia, and was put into repair), opposite the embouchure of the Lahn, whence an agreeable road leads to Ems. A little beyond, Coblentz, and its rocky fortress Ehrenbreitstein, rise upon the view.

Coblentz is a neat town, lying at the point of union of the Moselle and the Rhine, and is strongly fortified on every side. It contains about 12,000 inhabitants. A bridge of boats crosses the Rhine, and connects the town with Ehrenbreitstein, whose precipitous rock, bristling with defences down to the water's edge, frowns defiance around, and is now considered to be impregnable.

Between Coblentz and Cologne the banks of the river are less hilly, but more fertile, and thickly wooded. Few rocky eminences or ruins are seen before arriving at the seven mountains; the highest of them is crowned by the "castled crag of Drachenfels," which immediately overlooks the river, whence it is seen to great advantage. On the opposite bank stands Godesberg, the last of the ruins, beyond which the river flows through a cultivated plain to Cologne.

Bonn is an ancient town, enclosed within walls, with narrow and badly paved streets, and presents nothing of sufficient interest to delay the traveller. The university enjoys a high reputation, and was founded in 1818 by the late king, on the model of the university

of Berlin. The students are for the most part orderly and diligent. Their number is about 1,000. A fine avenue of trees leads to the Castle of Popplesdorf, where there is a botanical garden.

Cologne, the chief city of Rhenish Prussia, contains 50,000 inhabitants and a large garrison. Like Mayence and Coblentz, it is connected by a bridge of boats with fortifications on the opposite banks. It has only one square, and the streets are narrow, irregular, and dirty, presenting altogether a sombre appearance. The cathedral, built in the old gothic style, is in progress towards completion, and, seen from a distance, appears like two separate buildings. Rubens was a native of Cologne; his portrait, and an inscription on the wall, indicate the house in which he was born. The Crucifixion of St. Peter, a *chef d'œuvre* of this painter, is exhibited in one of the churches.

The country between Cologne and Aix-la-Chapelle is level and well cultivated. This town is delightfully situated in a well-wooded and fertile valley, surrounded by gentle risings of ground covered with verdure. But little of its former magnificence remains; the gates and walls have been demolished, and the ramparts, planted with limes and chestnut trees, now form an agreeable promenade. The number of inhabitants is about 30,000, and the town presents a stirring and animated appearance during the bathing season.

The most remarkable public edifices are the Hôtel de Ville, and the cathedral or chapelle built by Charlemagne, where the ashes of this potentate till lately reposed. Two or three spacious new streets have been erected for the accommodation of visiters. The prin-

cipal hotels and bathing-houses are conveniently fitted up, and are provided with requisite apparatus for douches and vapour-baths. The season begins in June, and terminates about the middle of September, after which period the coolness of the atmosphere would tend to counteract the operation of the waters. The Redoute is a handsome public room for balls, and where gaming is carried on; play is under the superintendence of government, an *employé* being always in attendance, to prevent any of the inhabitants of the town from participating in the chances of the gaming-table.

The most favourite place of resort in the environs is Louisberg, a hill overlooking the town, and the variegated scenery of the surrounding country.

About a mile distant is the little town Borcette, where are hot saline and sulphurous springs, scarcely inferior in properties to those of Aix. Having already given an account of these, it will suffice to advert to them in this place. Borcette is, however, but little frequented by English visiters. The principal hotel and bathing-house is the Rose.

Pepinstere is the station for Spa, from which it is distant about an hour's drive, through a pleasing country. Spa is situated at an equal distance between Aix-la-Chapelle and Liege, in an agreeable valley of the Ardennes, at the foot of, and between two projecting masses of a steep hill forming an amphitheatre, by which the greater part of it is sheltered from the north and east. The valley is a thousand feet above the level of the sea, and is a pleasant abode during a few weeks in summer. The walks and rides in the environs, and

about the hills, are beautiful and varied; the most usual point of *réunion* is the *Promenade de Sept Heures*, which, however, of late years, has presented rather a deserted appearance, the tide of fashion having flowed in other directions; and, since the Belgian revolution, this bath has been abandoned by its Dutch visiters, who used to resort thither in great numbers. Spa, notwithstanding, does not lack resources for amusement. There are a theatre, public rooms for baths and concerts, a *redoute*, where games of hazard are played, and ponies for excursions into the country. It is, moreover, not expensive as a summer residence, and is still a good deal frequented by the English who are in the habit of wintering at Brussels.

The country about Spa abounds in chalybeate springs, and oxide of iron is occasionally visible on the rocks. The principal spring, the Pouhon, is the only one which rises in the town. The water has the usual characteristics of springs of this kind, and tastes more astringent than many others, from the comparatively small quantity of salts. Exposed to the action of the air, the iron is soon deposited in the form of a reddish-brown sediment. The temperature of the water is 8° R.

An avenue of horse-chestnut trees leads from Spa to the Geronstère spring, two miles distant, and surrounded with pleasure-grounds. The Sauvenière and the Groesbeek springs are also at some distance from the town, in the woods; the former contains more iron and gas than the Geronstère. About a mile from the latter are the two Tonnelets, chiefly used for baths, for which purpose there is a low dilapidated-looking building on the spot. Carbonic acid is in such abundance in the

neighbourhood of these springs, that it is frequently perceived issuing from the clefts in the rocks. The quantity is augmented in certain states of the atmosphere, especially during the prevalence of north winds.

The high-road from Aix-la-Chapelle to Liege traverses a richly-wooded and beautiful undulating country, and from the high grounds a series of delightful prospects may be enjoyed. Liege lies between steep hills on the left bank of the Meuse: it exhibits all the bustle of a large commercial and manufacturing town, and has an aspect of great antiquity, the houses being old, most of the streets narrow, dirty, and irregularly built. The principal manufactories are iron work, especially fire-arms. On the hill above the town stands the citadel, which is strongly fortified. Persons who are more gratified in viewing beautiful scenery than in hurrying through a country, should take the route to Brussels by Namur. The valley of the Meuse, between this town and Liege, is full of pastoral beauty and richness. The river flows placidly through scenery diversified by corn and meadow land, among which villages and neat farm-houses are thickly scattered; low woody or cultivated hills, sloping downwards to the water's edge; and precipitous sandstone rocks, whose greyish hue presents a pleasing contrast with the verdure by which they are surrounded. At Huy the river is crossed by a neat stone bridge; a fort, built in 1815 by the Allies, crowns an eminence commanding the bridge and the road to Namur. This town is strongly fortified by a citadel and extensive works along the heights, which overlook the river; and by ramparts and a double fosse extending round it on the

land side. Its streets are narrow and dirty; the population amounts to about 20,000 persons.

The railroad to Brussels passes by Charleroi; the high-road, which here quits the Meuse, traverses a populous and highly cultivated country, and the pretty hamlet of Waterloo; the battle-field is now the most productive land in Belgium:—

"How that red rain hath made the harvest grow!"

The farm of La Haye Sainte stands on the road-side; its walls still bearing visible marks of the conflict. Before arriving at Brussels, the traveller passes through "dark Soignies' wood," and the village of Mount St. John; in the church are tablets inscribed with the names of some of those who fell in the action.

Brussels presents the stirring and animated aspect of a large capital; its population now amounts to 150,000 persons. Spacious boulevards, embellished with ranges of handsome houses, encircle the town; the principal streets are wide, regularly built, and lined with showy shops. The Place and Rue Royale, in particular, have a handsome and courtly appearance, and, together with the park, form a splendid *coup d'œil.* The park, though small, is pleasantly laid out, and the walks are well sheltered by lofty trees. At each end stands a royal palace, which, seen through the vista of trees, produces a good effect. One of these, the Palace of the Prince of Orange, contains richly-decorated apartments and beautifully inlaid floors, and is generally visited by strangers. Among the most interesting public edifices are the Church of St. Gudule, an ancient gothic structure, somewhat resembling, in its exterior, the Cathe-

dral of Nôtre Dame at Paris, and the Hôtel de Ville, likewise a fine specimen of gothic architecture, of which the extensive *façade*, adorned with finely sculptured fret-work, and the lofty elegant spire, are strikingly beautiful.

The city possesses fine hospitals, numerous charitable and scientific institutions, &c., which it is needless here to specify. In the immediate neighbourhood is a geographical establishment, founded by an individual in 1830, for lithographic maps and engravings, and the construction of globes of various sizes. Attached to it are a botanical garden, a museum of natural history, and a large room for the delivery of lectures on various scientific subjects. A little beyond this institution stands the Palace of Lacken, the usual residence of the king.

The Belgians resemble the French in several points of their character. They are, however, more religious than the Parisians; and, being almost all Catholics, the clergy have considerable influence, not only over domestic life, but also in public matters. There has long been a large colony of English at Brussels, which may be in many respects likened to Paris on a small scale: the chief advantage which it presents over the French metropolis is in the greater cheapness of house-rent and living. The winter climate is perhaps one of the least eligible, as compared with many other towns frequented by the English, on the continent.*

The railroad conveys travellers from Brussels to Antwerp in about an hour (through a level fertile

* The journey between these two capitals now occupies about thirteen hours.

country, intersected in many parts by canals); to Ostend in five hours; to Lille in five and a half; and the whole distance from Ostend to the Rhine at Cologne in about thirteen hours. The direct route from Calais to Cologne by Mons, Namur, and Liege (without making the detour by Brussels), is now practicable in about the same time.

Antwerp has an antique and rather sombre appearance; the houses are built in the old Flemish style, with their gables fronting the street. At the corner of several of the streets the figure of the Virgin and Infant may be seen, as in Italian towns. The quays along the Scheldt are broad and handsome; several basins for the repairing of shipping communicate with the river. Many of the women wear rich black silk scarfs, termed *camelots*, to cover their head and shoulders, over which the *camelot* descends in the mantilla fashion. This costume has been continued since the time of the Spanish occupation of the Netherlands. It is, however, now very much superseded by French fashions, and is mostly confined to old or middle-aged ladies.

The principal object of interest to the passing traveller is the cathedral, one of the finest specimens of Gothic architecture extant, which, however, is not seen to advantage, on account of shops and other erections being built up against it. In the interior, the large picture of the Descent from the Cross, a *chef d'œuvre* of Rubens, will immediately attract attention; and the Elevation of the Cross, by the same artist, which, however, is inferior to the former. From the summit of the building an extensive panorama is displayed to the

view,—of the town, the course of the Scheldt, Brussels, Ghent, and other towns. The citadel, and the position occupied by the French during the siege, are likewise best seen from this point. The museum contains but few superior pictures.

Ghent has a population of 84,000 persons, but is not a place calculated for the residence of English families, though a day or two might be passed in viewing its churches, collection of pictures, and theatre, which is one of the finest in Europe.

At Bruges, which has 40,000 inhabitants, there are about 200 resident English. Two or three of the churches are worth visiting; but the town has a dull aspect, and the only inducement to select it for a residence is cheapness of living.

The sea passage from Antwerp to London is very little more than that from Ostend, as there is five or six hours' navigation of the river. The departure is usually at noon, as there is no occasion to wait for tide, as at Ostend and other ports.

Ostend is but a dull place, though generally full of visitors in the sea-bathing season. The usual promenade is the jetty, which is continued for a considerable distance along the shore.

The aspect of the country between Brussels and Lille is interesting, being agreeably diversified with woods, cultivated lands, and neat farms. Being the frontier town of France, it is strongly fortified, and is also important in a commercial point of view. The population amounts to 60,000 inhabitants. The principal square, in the ancient style of architecture, presents a striking appearance. Lille contains, however, little

to delay the passing traveller. Beyond, and on the line to Dunkirk (whence a steamer goes once a week to London), is Capel, a neat little town, placed on the hill of the same name, which commands a most extensive prospect of the plains of Belgium, Flanders, and Picardy. In clear weather may be seen from this elevation, besides innumerable villages, the towns of Ostend, Bruges, Courtray, Lille, St. Omer, and Dunkirk, together with the sea; and in the extreme distance,—

> "That pale, that white-faced shore,
> Whose foot spurns back the ocean's roaring tides,'
> And coops from other lands her islanders."

St. Omer is a strong town, with about 20,000 inhabitants. The streets have a triste and deserted appearance. It presents no other advantage for a sojourn beyond cheapness of living, on which account there are a few English residents. The environs of Calais are flat, and totally devoid of interest. The town was formerly termed an universal inn, from its bustling aspect, caused by the frequent arrivals and departures, in the days of comparatively long sea passages, to other ports. The communications having been of late so greatly facilitated, Calais suffered a great deal from the competition. Since, however, it has been placed in connexion by railroad with the rest of France, Belgium, and Germany, it is still preferred by those who object to a long *trajet*, and has in some measure superseded Ostend, Antwerp, and Rotterdam. There are a few resident English for the same reason as at St. Omer; but to the generality of travellers

Calais offers, at the present day, no more inducement for delaying their departure than it did in former times, most people following the example of one of Ariosto's heroes, when on his embassy from the camp of Charlemagne to England, who, we are told,

"—— a Calesse, in poche ore trovossi
E giunto, il dì medesmo imbarcossi."

APPENDIX.

I.—OBSERVATIONS ON THE INFLUENCE OF CLIMATE, AND ESPECIALLY OF ITALIAN CLIMATES.

The great influence exerted by different localities on the human race, could not fail to be remarked from the earliest periods; and it has accordingly been repeatedly commented upon by philosophers and physicians, from Hippocrates to our own times. The agency of climate, however, as calculated to remedy disordered states of health, has not, except in some special cases, been sufficiently highly estimated in this country, notwithstanding the subject is one of the most important to which the attention of the medical practitioner could be directed.

Every one will have observed the striking difference in various classes of the community, according to the quality of the air they breathe, and the nature of their avocations. What, for instance, can be more marked than the contrast which is presented by the inhabitants of a marshy plain, with the dwellers upon the mountains by which that plain is enclosed? or than that which exists between agriculturists, sportsmen, and others, who take active exercise, and are constantly changing the air, and the pallid countenances and deficient muscular energy exhibited by those inhabitants of a metropolis, or of a large manufacturing town, who, during the greater part of the day, inhale the close and vitiated atmosphere of workshops and counting-

houses? Who has not noticed the difference in the appearance of many of the higher orders of society, especially of the ladies, on their arrival from the country and at the close of the London season, after subjection to the combined agency of want of proper muscular exercise, breathing the air of crowded rooms, and of the high nervous excitement consequent upon a life of so-called pleasure? What a difference also do not the diseases of these various classes of persons present? In fact, when it is considered that the air is a compound fluid, to which are added in varying proportions more subtile elements, as heat, light, electricity, &c., and that it is, moreover, the receptacle of all terrestrial exhalations, the laboratory of an infinite variety of chemical combinations, and the medium of continual meteorological changes, the importance of a due appreciation of the effects produced by states of the atmosphere upon the animal economy, will readily be inferred. Its greater or less weight or density, humidity or dryness, warmth or coldness, its electrical condition, and especially the presence or absence of miasmatic or other effluvia, resulting from the decomposition of animal or vegetable substances, are so many circumstances which require to be taken into the account, as acting singly, or in the aggregate, in a most powerful manner upon the health and well-being of communities; not merely as regards the quantity of air inspired (in which exclusive point of view the subject is too often considered), but also with reference to the action of this agent upon the surface of the body, &c., it being well known that the portion of air in contact with living bodies undergoes changes in its properties according to their degree of strength or weakness, the states of exercise or repose, of sleep or waking, health or disease.

"The ordinary means of investigation," says Dr. Thouvenel, "are insufficient to furnish us with an exact know-

ledge of the properties of the air capable of producing effects upon the human subject; they merely afford us an approximation to the real state, and to the relative effects of this fluid. It is a matter of common observation, that some classes of vegetables peculiar to certain regions, and the habits and diseases of animals which inhabit those regions, afford us notions which are frequently more precise than can be obtained by means of physical instruments respecting the temperature and other qualities of the air, and also as regards the relative elevation and the nature of localities. That which constitutes the sharpness, the elasticity, the weight, or thickness of the atmosphere, as expressed in ordinary terms, is often not more appreciable by these instruments, than are its exact degree of purity, and the various modes of its alteration, by the means with which chemistry furnishes us. These varying conditions are, however, not unfrequently perceptible to the feelings of individuals, and are even sometimes contrary to what would be inferred from the mere result of physical investigation. Thus, a sharp or light air, in common language (*aria sottile*), is often shown by barometrical tests to be in fact more heavy than a thick and apparently heavy air (*aria grossa*). This latter quality (heaviness) is owing to the degree and mode of its watery impregnation, the intimate combination, or the mere state of suspension in which the water is held; and these states are themselves subordinate to the temperature of the air, its heterogeneity, &c. The stagnation of water in the air, and of air in water, suffices to corrupt and mephitize both; and in (so called) thick and heavy atmospheric constitutions, the water is but suspended, or only half dissolved by the caloric; whereas, when the air is sharp and subtile, notwithstanding it contains as much or even more water than when in the opposite condition, yet, this being in a state of solution and perfect combination, the air appears to be dry and

light in comparison with the former condition, which, besides being more fitted for the absorption of mephitic exhalations, is also more capable of attracting and diffusing electricity. It thus becomes the focus and intermedium of its own deterioration; and, at the same time, the most powerful means of producing the corruption of bodies with which it comes into contact.

"The frequent and rapid alterations of the electric fluid are most perceptible in spring, when nature, awakening from its previous torpidity, becomes more active, and evolves the electricity which was held enclosed within the bosom of the earth. When the sky is serene and calm, the atmospheric electricity is always positive, or in *plus*. The electricity of rain, and that of vapours exposed to the air, is sometimes *plus*, sometimes *minus*, and sometimes *nul*. A light warm rain is feebly electric, heavy showers are strongly, and hail is especially, saturated with this fluid. Winds sensibly influence the electricity of the atmosphere. A dry and cold air is a bad conductor, and consequently an obstacle to its transmission. Electric phenomena are in all their force when the north wind predominates, and are also very remarkable during the prevalence of the east wind; but are weak when it veers to the west; and the south wind is the least favourable to them."*

From the temperature and constitution of the air, results in a marked manner certain impressions—sensations of pleasure or of indisposition—according to the state of the organs; and, in proportion as one is accustomed to these peculiar atmospheric constitutions, most people can tell from their general feelings whether a locality agrees with them or not; and the constitutional qualities of the air have the greatest influence in determining the mental and moral characteristics of individuals as of nations.

* Sur le Climat de l'Italie.

The contrasted effects of climate on body and mind, are perceptible on a large scale among the inhabitants of different regions of the globe. Thus, in cold latitudes, the molecules of the body are approximated to each other, as evidenced by the stunted growth of Icelanders, Laplanders, and Esquimaux; the blood is driven from the surface to internal parts; the insensible perspiration is lessened, the activity of the skin being superseded by increased exhalation from the pulmonary surface. From the augmented action of the respiratory apparatus, it is necessarily more predisposed to disease; hence the frequency of their inflammatory affections; and, as regards the functions of the alimentary canal, there is an aphorism of Hippocrates, "*Cutis rara, alvus densa.*" The eyes are also affected by the prevalence of cold, the eyelids of Laplanders being very commonly red and tumefied.

The effects of warm climates on the animal economy are necessarily of an opposite kind to those above mentioned; the body is more expanded, the blood is drawn to the surface (which is seconded by the diminished density of the air), and the cutaneous secretion is increased. This increased degree of vitality and sensibility of the skin, renders its diseases more frequent and intractable. In consequence of less oxygen being taken into the lungs, from the air being more rarefied, the venous system predominates over the arterial; and the liver, excited to greater activity, plays an important part in the decarbonization of the blood—hence the frequency of its diseases in warm climates.

Temperate climates produce effects more or less analogous, according to circumstances, to those of the cold or warm regions to which they are most contiguous. A greater variety than in either of the latter, is perceived in the physical and mental constitutions of the inhabitants of countries favoured by those climates which are best

adapted to the healthy performance of the bodily functions, and consequently to longevity;—as also to the full development of the mental faculties. The average mortality is much smaller in temperate than in either cold or warm latitudes. England is, perhaps, the country where the annual mortality is the least in proportion to the population. According to the statistical accounts, the proportion of births is as one to thirty-five, of deaths as one to fifty-eight. Next to England, Sweden ranks as the healthiest country, then Belgium, then France; so that, if the vicissitudes of the seasons occasion many diseases, they are, notwithstanding, a source of salubrity, by purifying and renewing the atmosphere.

The greatest mortality occurs in warm countries, and, as regards Europe, it increases in proportion as we advance from the central parts southward. Thus, while in the former there is only one death in forty, in the latter the proportion is as one to thirty-three, and this rate of mortality goes on increasing as we advance towards the regions near the equator. In all these countries, however, the amount of births is greater in proportion than in the north.*

As regards the influence of climate on the mental and moral qualities, M. Foissac observes:—"The seasons may be considered, according to Hippocrates, as the chief causes of the differences observed among men: the regularity or irregularity with which they pursue their course, impresses itself upon the physiognomy and moral habits. In countries where the temperature is always the same, the inhabitants are naturally disposed to indolence, and men are led astray by the irresistible attractions of pleasure; those

* The following European cities are stated in the order of their smaller average mortality:—London, Madrid, Moscow, Paris, Copenhagen, Naples, Dresden, Amsterdam, Stockholm, Vienna, Venice. (Foissac.—De l'Influence des Climats sur l'Homme.)

commotions which render the disposition fiery, intractable, and enterprising, do not occur;—whereas bodily exercise and mental activity become a want in countries where the seasons are more variable; labour and fatigue occasion courage and stimulate industry.

"The climate of Europe, being the most modified by the irregularity and alteration of the seasons, is likewise that in which the genius of man has given birth to the greatest number of prodigies in the arts and sciences. In Africa nothing great has been done, except in those regions which are liable to great and sudden changes of temperature. In Asia there are scarcely any temperate climates: in the southern parts, the productions of the earth are obtained and enjoyed without labour; on the other hand, in the wild countries of its northern zone, nature is unproductive, life languishes, and human industry barely suffices to maintain a miserable existence. In its centre alone are some countries, the temperature of which resembles that of Europe; and from their bosom have emanated the warlike armies which have conquered the rest of Asia. The same remark applies to America. Those countries in which frequent variations of the seasons are most experienced, are also those which first enter upon the path of civilisation, and those where it makes the greatest progress. We may, from these instances, perceive how great a value we ought to attach to the return and continual succession of cold and heat, to winds, and even to tempests, which interrupt the uniformity of each season; and yet man, always blind and ignorant of the condition of the true good which he possesses, laments that he so seldom enjoys the equability of temperature which presents to him the attraction of pleasure. He does not see that a perpetual spring, the golden age of nature, dreamt of by poets, would be destructive to genius, to courage, and virtue. The volcano of Pichincha is not the most dangerous enemy

which threatens the inhabitants of the delicious valley of Quito."

With respect to the variableness of the English climate, Sir H. Davy observed:—"Of all the climates of Europe, England seems to me to be the most fitted for activity of mind, and the least suited to repose: the alternations of a climate so various and rapid constantly awaken new sensations, and the changes in the sky, from dryness to moisture, from the blue ethereal to cloudiness and fogs, seem to keep the nervous system in a constant state of excitement. In the changeful and tumultuous atmosphere of England, to be tranquil is a labour, and employment is necessary to ward off the attacks of ennui. The English nation is pre-eminently active, and the natives of no other country follow their object with so much force, fire, and constancy."*

Every one has experienced in himself the variation in his feelings and capabilities for mental or muscular exertion, according to different states of the atmosphere at different periods, and even in different hours of the same day. This is more especially apparent in certain disordered conditions of the economy, as in most nervous complaints, in which atmospheric changes can often be confidently predicted from the sensations experienced; and, on the other hand, it is less felt in proportion as the body is in health, and the mind occupied.

"There are days," says the author already quoted, "on which the mind falls into a state of languor, and despairs of the future. Overcome by insurmountable sadness, it casts a veil of mourning over the whole of nature, existence is a burden, philosophy is powerless, and friendship has no charms. Every thing, even consolation, importunes us. This state of anguish, which seems to us irremediable, passes away without obvious reason, and sometimes with a quickness which seems to be marvellous. What secret

* Consolations of Travel.

cause can, then, have produced so sudden a metamorphosis? —a cloud which obscured the heavens has disappeared— the wind which agitated the air is hushed. It seems certain that, in our climate, the east wind predisposes to sadness and discouragement. It is said that it blows crimes upon Cadiz.

"None of the intellectual faculties or affections escape this powerful action: the dispositions of mind are not more variable than the atmosphere. Poets, painters, and musicians know, that inspiration is capricious; it comes when least expected, and refuses when it is solicited. Oratory, philosophy, the sciences, and reason, are subject to the same laws, and to the same influence. On remarking all the contradictory sentiments which in man succeed each other, one would be inclined to say that he only acts from caprice, being alternately brave or timid, insensible to affront or ready to avenge himself on the slightest offence —either impassioned for glory or disdaining her favours. Revolutions and civil wars, if not occasioned, have at least too often been impressed with bloody characters, which have stained the page of history, by the constitution of the atmosphere. It is chiefly on the approach of storms that man feels himself less disposed to labour or philosophical speculations: he is then more inclined to impatience, anger, and depression.

"From this it is easy to conceive how temporary and individual impressions may become general. Let us suppose, what really exists, that in a particular country the atmospheric constitution of which impresses upon the *moral* any determinate tendency, all the inhabitants will be more or less affected. The cerebral faculties, constantly exercised, will assume an abormal development; this disposition, transmitting itself from generation to generation, and receiving from the always active influence of the air its continual nourishment, may become the moral type of a

people, and impart a distinct physiognomy to the national character."

A farther corroborative proof of the influence of climate in altering the mental and moral qualities, is afforded by the changes which history records to have invariably taken place in masses of men, transferred to regions at a considerable distance from the place of their birth—as in invasions and emigrations; and common observation not unfrequently shows similar effects in individuals who have been expatriated during a longer or shorter period.

"The action of climate upon the *moral* of man," says a foreign writer, "is so constant, that a great resemblance is perceptible in the moral attributes of populations separated from each other, but inhabiting a soil of an analogous nature, and at an equal altitude above the level of the sea; having, in short, a similar climate,—thus, activity, courage, and enterprise, are found among the Scotch, Corsicans, Albanians, and also among all the inhabitants of more distant elevated regions—as those of Thibet and the Caucasus.

"Men who live in low countries, where the air is laden with humid vapours, are all, in whatever country they are observed, indolent, peaceful, simple-minded, and of easy disposition. Holland, Flanders, Champagne may have produced some celebrated men; but the inhabitants of these countries are not generally distinguished as being *spirituels*. Those of Lower Normandy, of Maine, and of Berry, are reputed to be but little enterprising, and to have minds rather cunning than ingenious. The men of these different countries have all pretty much the same cerebral organization; the brain, like other parts, being influenced by the climate, in humid localities it is wanting in the tone and energy which it possesses in mountaineers. It is not enough that an individual has much brains for him to have high intelligence, it is requisite that the cerebral

substance be endowed with a principle of life, a vital power, capable of giving it activity. It is necessary to have brains in order to have intellectual faculties, but one may have brains without having intellectual faculties."*

The diseases most prevalent in temperate climates necessarily vary, according to the seasons. Thus, in winter and spring, affections of the respiratory organs, hæmorrhages, rheumatism, and apoplexy will be more common. The frequent variations of temperature, and especially exposure to cold and humidity, are the most usual cause of inflammations of the membranes and viscera. In summer and autumn, on the other hand, analogous disorders to those of warm climates are most prevalent: gastritic and abdominal irritation and relaxation, cholera, fevers of various types, and spasmodic and nervous affections. Pulmonary consumption is more frequent in temperate than in either cold or warm latitudes: in proportion as we advance towards the tropical regions does its frequency diminish. A cold and humid temperature, and frequent atmospheric vicissitudes, by producing repeated bronchial inflammatory attacks, are the chief exciting causes. Cold and humidity combined, are likewise chiefly instrumental in the production of diseases of the lymphatic system, local and general dropsies, scrofula, rickets, &c., as also of calculous disorders, which are rare in southern latitudes, where the amount of renal secretion is greatly diminished by that of the cutaneous exhalants. To this cause may be added the more vegetable nature of the diet of the population. Gout, which has great analogy, as to its causes and nature, with the before-mentioned complaints, is also more prevalent in England, France, Germany, and other temperate climes.

These few general remarks will, perhaps, facilitate the consideration of the peculiarities of the climate of Italy.

* Daucel.—Sur l'Influence des Voyages.

The Italian peninsula, situate between the 37th and 46th degrees of latitude, and the 25th and 36th of longitude, is circumscribed by the Adriatic and Mediterranean seas on the east, west, and south; and by the Alps, extending from the north-east (Fiume) to the south-west (Nice), a distance of two hundred leagues. It is divided longitudinally, for the greater part of its extent, by the Apennines into two principal regions—the eastern bordering on the Adriatic, and the western on the Mediterranean.* This position, added to local influences, such as the relative altitude of places, their greater or less distance from the sea, the nature of the soil, and the state of cultivation, produce a variety of climates met with in no other country at all approaching to the same limited space. Thus, in the plains of Calabria and in Sicily, which lie between the 37th and 39th degrees of latitude, the thermometer rarely descends below the freezing-point; whereas between the 43rd and 46th degrees, as in the higher parts of Lombardy, it frequently descends to 10 below zero; which is an immense difference for a distance of from six to nine degrees. A corresponding difference is observable in the productions of the earth —from the pine of the north, to the palm-tree and plants indigenous to warmer latitudes, as also in the physical and moral qualities of the various populations. The periods and progress of atmospheric vicissitudes and of storms, are very different in Italy to what they are north of the Alps. By its peninsular configuration, being enclosed by the sea for more than three-fourths of its circumference, while its interior is almost all over mountainous, this country is particularly subject to the causes which occasion and multiply meteoric changes, viz., mountains, seas, and valleys. Lombardy, which is bounded by two lofty mountainous chains, and by a great gulf exposed to winds from

* Il bel paese ch' Appenin parte, el 'l mar circonde e l'Alpe.—Petrarch—Son. 114. *(See Notes.)*

all quarters, especially experiences the vicissitudes of stormy weather, to which materially conduces the hydro-attractive power of the Alpine summits, and of the surrounding woods; as does also that of mechanical repulsion, which, imparting to winds and clouds a retrograde direction, occasions counter-currents, which are carried alternately from the centre of the plain, or from the course of the great rivers, to the mountainous circumference, and are repelled from all its points again to the central parts of the plain. Hence there is abundant reason for the characteristic and variable nature of the climate of this part of Italy, and for the frequent prevalence of febrile diseases, which at certain periods more particularly affect the mountainous districts, and at others are concentrated upon the plain. These must not be confounded with the fevers of an intermitting character produced by malarious influences.

Another characteristic greatly modifying the nature of the climate in many parts of Italy, is the more general diffusion than elsewhere of the last-named influence. Italy contains, in proportion to its extent, more marshes than any other country in Europe; many of them are moreover salt-water marshes, being upon or close to the sea-shore, and their insalubrity always bears a direct ratio to the prevailing humidity, heat, and sirocco ventilation. When, in addition to the above-named circumstances, there is further taken into consideration the extent of submerged or irrigated land, the beds of numerous rivers occasionally overflowing, at other times more or less dry, the lakes, the lagunes, &c., of Italy, there will no longer be ground for surprise at the quantity of rain which annually falls, nor at the partially existing malaria in the summer and autumnal seasons.

In proportion to the distance from either side of the central chain of Apennines, and to the vicinity of the Adriatic and Mediterranean seas, so much the more does

evaporation increase, and the power of fermentation and evaporation become concentrated. This is especially the case upon the sea-shores in warm weather, and during the night. The habitual deficiency of a northern ventilation upon the Mediterranean coast of central Italy, and the marshy condition of the soil in some parts, as the portion of the Roman and Tuscan states bordering the sea, concur to render these localities the natural focus of intermittent and remittent fevers of a pernicious character. But the districts intermediate to these territories situate between the maritime and the mountainous regions, being themselves more or less hilly and watered by numerous streams, are comparatively exempt from this noxious influence. The higher parts of Tuscany and Lucca enjoy this advantage. Florence, though subject to great and sudden variations of temperature, is free from malaria. At Pisa, which on the contrary has a more equable temperature, and lies in the maritime region, directly open to the south-west winds, the plains are unhealthy in the summer season.

Greater precautions for maintaining a free action of the skin are taken by the natives in Italy than elsewhere, and these are proved by experience to be absolutely necessary. Besides having a more variable temperature, there exists habitually in the air a greater degree of humidity; and this superabundance of water in the atmosphere, renders the body more sensitive to changes from cold to heat, and *vice versa*, even though these, as tested by the ordinary instruments, may be positively less in degree. It likewise renders electrical changes more frequent, and is consequently productive of storms. But another peculiarity of the Italian climate necessitates even more precautions than do the atmospheric vicissitudes; viz., the facility with which emanations of all kinds, whether of a putrid or marshy nature, rise into the air, and there acquire a greater intensity from the combined action of heat and humidity.

This intensity is more particularly experienced in those parts where there are superadded to the local mephitism, and to the diurnal exhalations, the murky vapours of night, as in the Campagna of Rome. The ancient Romans were well aware of the dangers of this mixed influence; according to Strabo, the greater salubrity in his time was owing less to the natural qualities of the soil, than to the numerous works which were kept constantly in progress, relative to the forests, roads, aqueducts, and other public edifices.

How greatly stagnant water, containing vegetable matters in a state of decomposition, conduces to the unhealthiness of extensive districts, is nowhere more clearly manifested than on the banks of the Ganges, where fatal fevers every year prevail, their focus being the rice-fields artificially formed along the river; the roots and straw, being left after the harvest, rot and infect the air.

The maintenance of woods in ancient times in the Campagna of Rome, contributed to its greater salubrity, no less than the circumstance of its being thickly inhabited; and, as has been already remarked, the cultivation of trees has been lately recommended as one of the most efficient means of counteracting the effects of malaria. "Trees," observes M. Carrière, "constitute a focus for evaporation; they contain humidity, and transmit it to the surrounding atmosphere. When they disappear from a district, a revolution takes place in its hygrometrical condition; a relative dryness is produced, which occasions a diminution of flowing streams, and of the water in ponds and lakes, as has been verified in Switzerland. The dryness of the earth is necessarily communicated to the air—hence it may be inferred how far the hygienic conditions of the climate must be affected by these circumstances. The earth, being deprived of its natural shelter, has nothing to protect it from the sun's rays, and from nocturnal irradiation. We are justified in inferring—what, moreover, is confirmed by

facts—that running streams are less abundant than 2000 years ago. The diminution is even so remarkable in certain historical rivers, that they have become scanty rivulets. The temperature has undergone an important revolution, which consists in the approximation of the extremes of heat and cold. Snow does not now remain so long on the summit of Soracte, as in the days of Horace. The Tiber is no longer covered with ice, as Juvenal describes it; and Pliny might almost no longer complain of the severe cold which froze the myrtles in the gardens of the Campagna. Besides, forests are curtains drawn by nature to enclose valleys—to oppose powerful barriers to the force of impetuous winds, and to the displacement of noxious emanations."

The sirocco wind, besides its directly depressing influence upon the corporeal and mental functions, contributes greatly to deteriorate the air in its chemical qualities, as proved by the experience of its effects upon living bodies and their remains; and this is one of the principal causes of the generation of malaria in low and humid places—as the coasts of Sicily and Calabria, the Campagna of Rome, the Maremma of Tuscany. It is fatal to vegetation on a great part of the shores of Italy in the years when it predominates, bearing with it into the atmosphere a principle of dryness and oppressive heat destructive to vitality, even when the air appears to be provided with a sufficiency, if not with a superabundance, of moisture.

Italy contains within its boundaries the most powerful causes of the development of electricity, both subterraneous and atmospheric. It combines the most favourable conditions for an abundant evaporation with a more considerable fall of water, two circumstances which favour the circulation of electric matter beneath the earth's surface and in the air.*

* "Dry heat produces an accumulation of electric fluid in the higher regions of the air; a state of humidity, on the contrary, draws it towards

Rain is, however, very unequally dis
both as to localities and seasons. Along the greate
of the coast it rains principally during two or three m
in each year; the average quantity being from 25
inches—as at Naples, at Rome, and in Tuscany.
northern part, however, especially in Lombardy, the
are more lasting and much more abundant. At
and in most of the provinces in the interior of Franc
mean quantity is but 21 inches, and, nevertheles
number of rainy days is nearly a third of the year.
The Neapolitan territory is particularly favoure
the production of electricity—the chain of Apennin
its diverging portions and isolated mountains, const
the greater portion of its surface; and this countr
cordingly subject to notable atmospheric variations
violent storms acting more or less directly upon veg
and upon the physical and moral constitution of
habitants. A most powerful influence is likewise
by the subterranean fires, which have produced
eruptions and earthquakes from the earliest perio
neca remarked in his day, that the inhabitants o
walked over the debris of places destroyed by th
tating power.

Great differences are observable in the clima
ferent portions of this territory. The mountain
divide the provinces on either side into easter
tern. In the higher and wild parts of the A
greatest degree of cold is experienced during
in the year; whereas, in other parts, espe

the surface of the earth, and neutralizes it within th
The sensations experienced indicate these differe
weather a sort of uneasiness is felt, the nervo
valescents and valetudinarians are particularly
and dry conditions of the atmosphere, the po
brium, and act in more perfect accordance

maritime districts, winter scarcely lasts more than two months—vegetation still continues active—flowers and fruit being almost always seen growing. The depression of the thermometer in the mountainous localities does not, however, exceed eight degrees below zero; in the southern portions it is seldom lower than three degrees below zero; but in summer the mercury rises to 31°. The differences with respect to the amount of rain are no less remarkable than those of the temperature. Gioveni and Toaldo state, that on the eastern side of the territory (Molfeta), the average yearly amount of rain is 19 inches; whereas, on the western side (Naples), it is 35 inches. This latter would, however, appear to be too high an estimation. Cirillo (from observations made during ten years at Capo di Monte) estimates the annual quantity of rain at not quite 30 inches. In this part of Italy the rainy days are more numerous in autumn than in winter; in winter than in spring; in spring than in summer.—(See the annexed Table.) It has been observed that the rain falls more frequently during the day than at night, which circumstance is ascribed by Messier to the greater development of electricity—or rather, to the more copious evaporation, and to the more intense solar heat, which produces dryness of the air. When the autumnal and winter seasons are very rainy, disastrous inundations occur in the western districts, and the consequent stagnating water gives rise to pestilential miasmata, which, together with the subsequent excessive drought in summer, are productive of the most prejudicial consequences to the health of the population, as also to cattle, and as respects the results of agricultural labour. The southern districts of the kingdom, bordering upon the Mediterranean, are subject to violent storms, accompanied with thunder, lightning, and sometimes hail, occasionally even in May or June.

Generally in Italy the seasons have their marked tran-

sitions, not succeeding each other insensibly, as in other countries. They usually commence and terminate by violent storms, after which the temperature changes altogether. But it is chiefly between autumn and winter, and between winter and spring, that storms are most prevalent. Winter, including the close of autumn, is the rainy period in central and southern Italy. The north and north-west winds prevail alternately, being accompanied by tolerably sharp cold, sometimes by a thick foggy atmosphere, rain, and occasionally snow. The intensity of the cold, and the quantity of rain, are greater between the 44th and 46th degree of latitude than in other parts. In spring, the east and north-east winds predominate, and bring fine weather; but in summer, and during great part of autumn, the south, south-east, and south-west prevail, alternating with each other, and cause, in the southern parts especially, as also in the plains of Lombardy, excessive heat, and occasional storms, which purify the air for a time.

The transition from spring to summer is frequently abrupt in Italy. In May the sun acquires considerable power. The great heats prevail from the middle of June to the middle of September; at this period it rains only occasionally, and during the prevalence of storms; the ground is usually parched, and the roads thick laid with dust. The towns in the interior, as Milan, Florence, &c., are generally hotter than those on the coast, where the heat is somewhat tempered by the sea-breeze. "The earth and the sea," says Professor Wagner (in his Observations appended to Forster's *Guide*), "radiate the heat received from the sun, and the radiation being stronger upon the earth, the air also cools sooner; whence results towards sunset, or shortly after, a current from the earth to the sea, of which sailing vessels avail themselves in order to leave the ports. This current lasts throughout the

night, and for some hours after sunrise, when, being reflected upon itself in the inferior regions, it comes back from the sea to the land. In fact, the sun's rays warm the earth more than the sea, the strata of air nearest to the earth expand, and, becoming superficially lighter, ascend to the higher regions, whence they are carried towards the sea; whilst in the inferior regions the air is propelled towards the earth. These sea breezes always become stronger towards noon, and at two o'clock have obtained their maximum. Their influence is experienced several miles from the coast, and even in valleys eight or ten leagues distant, though with greatly diminished power. They subside towards sunset, at which period is observable the effect produced upon the sea, which has then attained its greatest height.* This daily sea breeze, which is exceedingly perceptible at Naples, contributes greatly to cool the air in summer."

So long as the regular order of the seasons is not considerably interverted, few serious diseases prevail; but in those years when there are extremes either of heat or cold, and especially when the winter is very dry and the spring and summer are wet, then fevers of a bilious, catarrhal, or inflammatory nature become endemic, being sometimes accompanied by dysentery or exanthemata, and their continuance and severity are always proportionate to the duration of these irregularities of weather. It happens also, that under the influence of unseasonable atmospheric conditions, a kind of transposition of prevailing diseases takes place, viz., in winter epidemic fevers of a pernicious type; while in summer or in autumn they assume a catarrhal or inflammatory character, as observed in spring in ordinary seasons.

"Generally in autumn," further remarks Professor

* There being no tides, the water of the Mediterranean owes its movement principally to the winds.

Wagner, "sunny days prevail alternately with rains of almost tropical violence, which at times continue uninterruptedly during several successive days. They sometimes begin in September, cease in October, and recommence in November; the south-south-east and south-west winds predominating. At the end of November there are usually warm and dry days. In December and January the prevailing winds are the north and north-east, which, however, are not so strong as in the spring. These are the coldest months. In the beginning of February spring sets in."

Pliny, as quoted by M. Carrière, observed respecting the prevalence of winds in the Mediterranean portion of Italy, "that spring is calm, and is favoured by the west wind's breath. In proportion as the season advances, the east wind succeeds, then comes the south. In the middle of summer the north winds frequently blow, refreshing and clearing the air, and bringing fine weather. At the termination of the warm season, the south and collateral winds regain the ascendency, the air being heavy and oppressive. This is preparatory to the rainy season, which comes on at the end of autumn, and continues during the first weeks of winter. In winter, the north-east (termed by the Romans 'Aquilon') preponderates. The east is comparatively rarely felt along the shores of the Mediterranean, which are sheltered by the Apennine chain. They are, however, exposed both to north and south winds. The coldest winds are the north and north-west (mistral), which, overpowering in force the antagonistic ones, disperse the clouds. The humid winds are the south and south-west; the driest are the north-west and south-east. The north-east is most favourable to health. The mistral, which, in Provence, is cold and piercing, has its influence greatly modified by its passage across the Mediterranean."

M. Carrière further remarks, "The intermediate winds

between the north and south are the zephyr, and the *subsolanus*, termed Ponente and Levante. The former is warm in spring, causing winter to be forgotten, cool in summer, and tempering the heats of the dog-days. The wind which comes nearest to the zephyr is the north-west (the mistral of the south of France), designated by the name of Maestro in the peninsula. The north (tramontana) produces a low temperature, and great dryness of the air, clearing the sky, and bringing fine weather, though in winter it is frequently accompanied with snow and hail. The bracing wind, *par excellence*, and the best antidote against the enervating effects of the sirocco, the north-east, blows at times with violence throughout the whole extent of the peninsula, generally with dry weather, though sometimes with humidity."

This occasional apparently contradictory effect of particular winds, appears to be satisfactorily accounted for by Dr. Thouvenel, who remarked: "In the different regions of Italy, each season has its predominating winds, which, notwithstanding the accidental changes that supervene in the weather, generally preserve their ascendency, and their regular type. But the winds of each season are not the same in the southern as in the northern portion of Italy. In the latter, the north and its collaterals sensibly predominate from autumn to spring, and, in the former, from spring to autumn it is the southern winds which predominate; but in both regions it is difficult not to confound the reflected with the direct winds—those of the inferior with those of the superior region. The former evidently proceed from the latter, and from their combination are generally derived the reflected winds.

"On account of this reflex action, or repercussion, of the winds blowing against the Alps from all the points of this mountainous and sinuous barrier, curved towards northern Italy, it has been thought that the north, with its two

collateral winds, prevailed during more, by twice the number of days, than all the five others together. This also affords an explanation of the apparent contradiction, the manifest opposition, with respect to the formation of rain and clouds; viz., that the high and dry north winds, passing over arid and mountainous regions before reaching Italy, bring with them thick clouds, which generally yield heavy rains; whereas the low and humid southern winds, surcharged with clouds and vapours from their passage across the sea, watery plains, and shores, are not so apt to bring rain; but it must be remarked, that these winds from the southern hemisphere, which do not immediately occasion rain, are almost always its precursor in Lombardy, whence it is to be considered that the most stormy and rainy winds, which are the north-east and north-west, *greco e maestro*, are no other than the sirocco and *lebèche* reflected.* The same may be said of the Ponente and the Levante, both reflected as much by the chain of the Alps as by that of the Apennines."

These observations would seem to refer more particularly to the plains of northern Italy; but, as regards the central and southern portions, the remarks of M. Carrière accord with the general experience of ancient and modern times. "The summer winds blowing from the sea produce humidity, but the winter winds coming from the continent dry the air, and restore its transparency. Thus, there is a good reason why the day should be fine in summer as well as in winter, in which respect the Italian peninsula has advantages over other countries situated more to the south. In Africa, for instance, the south is a dry wind, and the north winds are humid; hence a twofold condition, producing burning summers and cloudy winters. In

* The Libeccio or African wind brings clouds. It differs from the sirocco and from the south wind, inasmuch as it generally blows with violence.

Judea, the zephyr, which is soft and refreshing on the shores of Italy, is a rainy wind.* In fact, the west wind has to traverse the whole breadth of the Mediterranean before it reaches the shores of the east.

"The western zone of Italy has an exposure to the west and the south, comprising the great arch of the Mediterranean; and the shore of the Ionian sea is especially exposed to the winds characterised by heat and humidity. This district is generally favourable to those physiological conditions which require a calm air, impregnated with warm vapours. The eastern zone, comprising the Milanese and part of the territory bordering upon the Adriatic, is principally exposed to the dry north and north-east winds, and is good for those organizations which are rather invigorated than exhausted by the influence of an atmosphere relatively cold, dry, and agitated. There are, however, numerous exceptions to this rule, such as the hygrometrical state of the Milanese, &c.

"Maritime climates," continues this author, "are milder than continental (inland) ones. This mildness, which depends upon the hygrometrical state of the air, and the uniformity of the sea's temperature, bears a relation to the windings of the coast, or, in other words, to their absolute development; in proportion as the shore presents this character, so much the more do the extremes of temperature approximate: the less cold the winter, the less hot will be the summer. There are in Europe two regions thus favoured; the British Isles, and Italy from Tuscany to Calabria. The former owes to the above-mentioned condition a mean winter temperature, which, even at 62 degrees of latitude, has never descended below zero. The latter is indebted to the same cause; at all events, in great

* When ye see a cloud rise out of the west, straightway ye say, There cometh a shower; and so it is. And when ye see the south wind blow, ye say, There will be heat; and it cometh to pass.—*Luke* xii. 54, 55.

measure, for its elevated winter mean." The same may be said of the Mediterranean coast, extending from the Estrelles to Tuscany.

The great variations in the range of temperature, not only from day to day, but even in the course of the same day, in some parts of Italy, have been already referred to; those occurring with respect to the relative dryness and humidity of particular situations, are equally extensive, and to be guarded against both by valetudinarians and healthy visiters, who are too apt to neglect the necessary precautions taken by the natives. It is not unfrequently seen in the same street or square, that on the side where the sun has not penetrated, or after it has ceased to shine, the walls of houses, and the street pavement, are wet or damp even in the most serene weather, at the same time when, at the distance of a few feet on the sunny side, there is extreme dryness. In general, in selecting a residence, the southern and eastern exposures are to be preferred as the most salubrious; but in all cases where there is the slightest impaludation of the earth or of the air, a southern exposure should be avoided, as the siroccal winds greatly multiply the causes of insalubrity: and of the two inconveniences, where they cannot be avoided, it is better to suffer from the penetrating influences of a northern ventilation, than to risk the consequences attendant upon the inhalation of a malarious atmosphere.

II.—ON THE REMEDIAL ADAPTATION OF CLIMATE.

From the preceding observations respecting the general influence of climate, and the peculiarities which characterise that of Italy, may perhaps be deduced inferences tending to the more correct adaptation of this powerful curative agent, the sphere of which has been hitherto too exclusively restricted to diseases of the respiratory apparatus, but which may be no less advantageously extended to a large proportion of chronic local ailments, and disordered conditions of the general health, which not unfrequently precede the invasion of local disease; for it is not merely the breathing a warm or cold air, a dry or a damp one, but likewise the action of states of the atmosphere upon the surface of the body, and consecutively upon internal organs (which has already been partially referred to), that requires to be considered. Every medical man is aware of the close sympathetic relations existing between the skin and internal parts, especially the mucous membranes and the thoracic and abdominal viscera, of which the bronchial, pulmonic, or enteritic irritations and inflammations, induced by a chill, exposure to wet, &c., are familiar examples. In winter it is well known that there is a corresponding diminution in the amount of the insensible perspiration, with a greater increase of bronchial and renal secretion; whereas in summer the reverse occurs, and we are more inclined to be thirsty, on account of the increased excretion from the skin. When, therefore, we consider the coldness, variableness, and humidity of the climates of Great Britain

and Ireland during a great portion of the year, we at once perceive a cause of the prevalence among us of many diseases, especially catarrhal affections, pulmonic consumption, rheumatism, &c., which so frequently resist the efforts of medicine, and in the removal or alleviation of which a change to localities where these causes can be in great measure obviated, is most likely to prove efficacious. In estimating the therapeutical effect of climates, the functional or material disorder of the organs concerned in respiration, must, however, always be considered in the first place; the quality of the air inspired, being in these cases a point of even more consequence than would be that of substances introduced into the digestive apparatus, when its functions are weakened or otherwise deranged; and, unless a circumstance of such paramount importance be attended to in the treatment of these affections, the powers of medicine will often be of little avail as respects any permanent advantage, though it not unfrequently happens that, by a too exclusive reliance upon them, diseases which might have been cured by the change to a fitting climate, aided by proper regimen and medication, become irremediable, and recourse is had to this means as a last resource, when it is but too obvious that the efforts of art and nature are powerless in arresting their progress. This remark more especially applies to consumption, which occasions annually so great a mortality among all classes in Great Britain, but which may often be effectually checked in its earliest stage—especially among those individuals who have the means of selecting or changing their place of residence, as circumstances may require—by a suitable winter climate, regimenal and medicinal management. When the disease is fully confirmed, and attended with its more characteristic symptoms, little or no permanent benefit can be reasonably expected from climate, and a long land journey would be decidedly prejudicial. Under these cir-

cumstances, there are several places in England where as much benefit may frequently be obtained as from the climates of the continent. Thus, in pulmonary diseases attended with much excitement and general irritability of the vascular system, the warm and humid atmosphere of Devonshire would probably be the best adapted to the case, or the more sheltered parts of Clifton, Undercliff, or Hastings; while, in those cases where there is less susceptibility to cold air, and a more torpid circulation, the higher localities of Clifton—Brighton in the early part of the winter—or St. Leonard's near Hastings, might be preferable. In many cases, again, especially in the early stages of this disease, great advantage, if not a permanent cure, may be obtained by a sea voyage, and by the climate of Madeira; which also, in the more advanced stages, holds out perhaps a greater prospect of life being prolonged for a few months than any other locality, though, under these circumstances, it would scarcely be advisable to recommend a removal from home, and separation from friends. Dr. Mason, one of the resident physicians, says of Madeira, that it possesses "many of the characteristic peculiarities of a tropical climate, without being baneful or fatal to health, like the West Indies. The mean temperature of the year is higher than the temperature of summer in England; while the temperature of the seasons is very equable, and only oscillates from 59 to 69 deg., or, according to other observations, from 62 to 73 deg. Fahrenheit."* Madeira, however, to counterbalance its advantages, has its drawbacks, as the limited space for exercise, the amount of rain in the winter season (see the annexed Table), and the deficiency of resources for recreation. In fact, a too uniform and equable temperature would not always be the means best calculated for obtaining permanent amelioration. A residence in a climate of this kind, has necessarily the

* Medical Almanac for 1839.

effect of rendering those accustomed to it, like hot-house plants, extremely susceptible to the atmospherical variations which they meet with elsewhere. Thus, though some patients might be enabled to vegetate for a longer period; to others it would be more likely to prove detrimental from its enervating tendency. Pulmonary consumption is tolerably frequent among the inhabitants of Madeira; and it would appear from some recent statistics, that the mortality is great, not only among patients in the island, but also among those who have left it after having obtained a temporary amelioration.* It is true, that when there is considerable excitation, or sub-inflammatory action, the repose of the suffering organs, as much as possible, is a matter of the highest importance, and in these cases the atmosphere of Madeira would, perhaps, be preferable to any other; but when this increased action does not exist, or where it exists only in a slight degree, as when there are tubercles in a quiescent and almost stationary condition, especially in lymphatic and scrofulous subjects, a moderate exercise of the organs, without fatigue, is rather advantageous, and especially when, from hereditary or other influences, there is reason to suppose a predisposition to the disease, the presence of which has not been manifested by positive symptoms.

The countries in which phthisis mostly predominates, are neither the coldest nor the hottest, but those having temperate climates, where there is much humidity, which renders the air less pure, and obliges the inhabitants to remain more within doors; as Great Britain, the north of France, Holland, and great part of Germany. In Russia it is much less frequent, and also in Sweden, where the cold is extreme, but the air sharp and dry. It appears from statistical documents, that at Stockholm, out of every 1000 deaths there are but 63 from this disease; whereas

* See note on Madeira at the end of the work.

in London the proportion is 236 in 1000; at Paris, it is nearly as great: at Vienna, 114; at Munich, 107; at Berlin, 71. These last-mentioned cities, it must be recollected, are less exposed to the physical causes, and much less so to the moral causes, which so frequently predispose to phthisis in the large capitals. The inhabitants of northern countries, not being brought up in an effeminate manner, and being for the most part accustomed from their childhood to variations of weather, acquire a robust *physique*, more able to resist external influences, which would be productive of serious inconveniences to the enervated natives of warm countries, apparently favoured with great equability of temperature.

It is true that consumption is tolerably frequent in some countries where the air is dry, but at the same time subject to great and sudden variations of temperature. Thus the account above quoted further shows, that the proportion of deaths from this cause, between the 45th and 53rd degree of latitude, are as one in four at Marseilles; one in six at Genoa; one in seven at Nice; one in eight at Naples;—but from what I have been able to observe, most of the cases of phthisis occurring in these towns, arise from colds or inflammatory attacks of the respiratory apparatus, neglected, or but imperfectly cured; and relapses take place the more readily, owing to the mode of life, imperfect nutrition, exposure to atmospherical variations, &c. This disease, moreover, chiefly affects the lower classes in the towns, those in the country being comparatively exempt, which shows that it prevails more from other causes than bad climate, and also of a totally different nature from those which, gradually undermining the health (or from hereditary predisposition), produce tubercular cachexy in damp localities. At Rome, where the climate is rather humid as compared with the above-mentioned towns situate on the coast, and where the air

is comparatively little agitated by winds, the proportion is given, as one death from phthisis to twenty from other causes; but it is not to be inferred from this, that Rome is necessarily the best position for all phthisical patients, inasmuch as the great mortality from the fevers which are endemic at certain periods of the year, must be taken into the account. It is not, therefore, merely to the local lesion that the attention of the practitioner should be restricted, but it should be especially directed to the abnormal disposition of the system, upon which the disease depends in the majority of cases, and which is most likely to be remedied by an appropriate climate, and by means suggested by special indications—otherwise no permanent advantage would be obtained. At the commencement of the disease, by placing the patients under conditions opposed to those which concur to produce it, numerous cures, or at all events notable ameliorations, may reasonably be expected. Of late years, many practitioners have more closely studied the effects of hygienic means, trusting less to the employment of pharmaceutical remedies, several of which have by turns been empirically recommended, and have subsequently fallen into neglect more or less complete, and in some instances unmerited.

The indication above mentioned, would frequently be fulfilled by a residence during one or more winters in Italy, Malta, or Palermo; the choice of the particular locality being decided by circumstances, which a reference to the peculiarities of climate, and other resources considered under the heads of the respective places of resort, may perhaps tend to facilitate. One of the principal advantages possessed by the towns of Italy over those north of the Alps, is the shortness of the winter, and that invalids can live so much more in the open air, which is highly conducive to a restoration to health in those labouring under chronic ailments in general. The sunny days, more-

over, the purity and dryness of the air in general, the variety in the environs of some places, the antiquities and works of art, the greater freedom of association, &c., are circumstances which cannot but produce a most beneficial effect upon both body and mind. By the facility afforded for taking exercise daily, the muscular system is maintained in healthy tone; the due equilibrium of the vital powers is preserved; and a pernicious concentration of activity towards the brain and abdominal viscera is prevented. The numerous claims upon the attention from the variety of impressions received during out-of-door exercise, likewise counteract abnormal predominance of the sensitive system, by giving rise to fresh ideas. The digestive, respiratory, and cutaneous functions, are consequently more easily performed, the sleep is sounder, the general *bien-être* is more perfect, and numerous inconveniences resulting from a sedentary life beneath cloudy skies, are avoided.

It is not my intention in this place to enter further into the consideration of the peculiarities presented by various conditions of tubercular disease, especially as I have done so in another work.* I will therefore merely recapitulate in general terms, that where there is delicacy of constitution, with a predisposition to consumption from hereditary tendency, or a strumous diathesis, Nice, Naples, or Malta, according to circumstances, would in most instances be beneficial for the whole or part of the winter; that in other cases occurring in constitutions marked by a greater degree of excitability, Rome, Pisa, Hyères, or Pau, would often be preferable. As respects the former of these towns, it has been considered that localities subject to malaria are beneficial in consumptive cases; this may be so in some instances where perfect repose of the organs of respiration is essential, the air in these localities being generally stag-

* Nice et son Climat, &c.

nant, and comparatively little agitated by winds. In a large proportion of cases, however, where an impaired condition of the digestive organs, or other depressing causes, have produced an impoverished condition of the blood, and have laid the foundation for tubercular cachexy, a residence in any such locality would be prejudicial on account of its debilitating effects upon the system. The remarks already made also apply to affections of the bronchia and larynx, which are sometimes difficult to be distinguished from phthisis. In many cases of pulmonary and bronchial disease, the employment of the mineral waters of Cauterets, Eaux Bonnes, Ems, Selters, Weilbach, &c., will be attended with great advantage.

Debility or disorder of the digestive organs, when of long duration, not unfrequently gives rise to phthisis and other organic diseases, being like them often occasioned by depressing moral influences, some of which will be briefly adverted to further on. Before, therefore, the supervention of actual disease, its precursors, as evidenced by derangement of digestion or of other functions, or by general feelings of indisposition, should be combated rather by hygienic and moral means than by a too exclusive use of medicaments. Of these means there are none more efficient than travelling; a residence in some locality where the air is pure; the climate such as to admit of daily out-door exercise in winter; when sunshine, the aspect of a cheerful and pleasing country, and agreeable associations, tend to divert the mind from sombre thoughts, and, consequently, to strengthen digestion as well as the other functions of the organism—to prevent sanguineous congestions, by maintaining a due equilibrium between the arterial and venous circulation, the muscular and nervous systems. Under similar circumstances, Nice in some cases, in others the more animated movements of Naples—or even visiting in succession the different towns in Italy possessing

resources for recreation—would be attended with the most marked benefit. A properly directed course of mineral waters in the summer season would, in most instances, greatly facilitate the subsequent beneficial influence of climate. When there exists an irritable state of the alimentary canal, with a tendency to inflammatory action, the above-mentioned towns would in general be prejudicial (this effect in a slight degree being not unfrequently superinduced in healthy persons); but Florence, Malta, Rome, Pisa, or Pau, according to individual indications, would generally be preferable. Those persons whose health has been deteriorated by a residence in unhealthy countries, though they may not be labouring under actual disease of any particular organ, will for the most part be greatly benefited by a course of mineralized baths, and subsequently wintering in Italy. Before attempting to reside permanently in England, I have known several, on returning home from India, whose health has become seriously impaired, owing to the too sudden change of climate and mode of living, which those who are in a weak state of health, or in advanced life, are ill calculated to bear; such persons will become better acclimated to Europe, by passing the first winter or two in the south.

The same observations may apply to hypochondriasis, melancholy, and other nervous affections, whether accompanied or not by material derangement of particular organs. Every one is aware of the powerful effects produced upon these patients by the state of the weather, and the varying conditions of the atmosphere; whence may be inferred the benefit which they are likely to derive from sojourning in a locality which ensures that these conditions will be for the most part favourable. The two chief divisions of hypochondriasis, the material and the nervous, may require different remedial treatment, though climate produces an advantageous influence upon both kinds. In the purely

nervous variety, where the accompanying disordered digestion is the consequence of morbid susceptibility, Nice, Malta, or Naples, would be more recommendable in some cases: in others, especially when an interest is taken in antiquities, sculpture, painting, &c., Rome would be the most preferable locality for a prolonged sojourn. This class of patients will, however, likewise frequently derive more benefit from a division of the winter between two or three of the above-mentioned places, than by remaining for several months in any one of them. In some relaxed and enervated conditions, giving rise to nervous disorders, the more bracing atmosphere of a northern city, as Munich, or some localities in the south of England, as Brighton, &c., would be preferable to Italy.

Gout and rheumatism must be ranked among the diseases in which the beneficial action of an appropriate climate is the most marked. In the former disease, there is almost always a tendency to venous stagnation, visceral congestion, and renal super-excitation, the amount of cutaneous exhalation being diminished. Many valetudinarians, subjects to gout, escape their periodical attacks by passing their winters in a position possessing facilities for walking exercise, and where the air, warmed by the sun, favours a more active circulation and secretion through the cutaneous vessels, to the great relief of internal organs. A no less favourable effect is produced by the same agency in most rheumatic cases, which are generally induced by the combined action of cold and humidity. Here, also, the choice of a proper locality must be regulated by the special indications in individual cases. In general, either Nice or Rome would be found to be the towns best suited for a winter residence. In these diseases, Sir James Clark recommends Nice in the cachectic rheumatism; where irritability of the digestive organs prevails, Rome is preferable.

Tic and neuralgic affections will be frequently removed by a combination of the means of treatment above specified, viz., mineral waters and climate. It is especially important, in these cases, to guard against exposure to the heat of the sun, to cold winds, or to the night air, which causes are frequently instrumental in inducing a recurrence of the attacks. Nice or Naples may be recommended in some cases; in others these climates would be too exciting, and an atmosphere like Hyères or Pisa would suit better. A prolonged residence at Rome would often be prejudicial; but a visit for a few weeks may generally be made without disadvantage. Florence in November and December would not be objectionable. This city, likewise, agrees well with many patients subject to nervous asthma, which has great analogy with neuralgic complaints.

Paralysis, when dependent upon apoplectic attacks, though perhaps not capable of being removed by any remedial means, may yet frequently be relieved by climate and mineral waters. Sunny skies have a beneficial influence both upon the bodily and mental condition of paralytic patients, who are less subject to cramps and other distressing symptoms than they would be in a less favourable atmosphere. When paralysis of a part supervenes upon repeated attacks of gout or rheumatism, from exposure to wet or cold, from the over-excitation consequent upon excesses, and from the action of malaria, &c., there is great probability of recovery by the judicious employment of these means. In some cases, Rome would be the preferable place for a winter residence, though not when there exists a tendency to determination of blood to the head, or in persons of full habit. In some cases, Pau, Pisa, or Hyères, would agree better; to others, Nice, Naples, or Malta would be more suitable.

Scrofula being, like tubercular cachexy, generally occasioned by living in a damp atmosphere, by imperfect venti-

lation and improper alimentation, would, in most cases, be cured by a dry and sunny clime, aided by a fitting regimen. The dryness and amount of electricity in the air of some southern places of resort, tend greatly to promote nutrition, and a more perfect sanguification, which are generally so faulty in this complaint. It is well known to most practitioners that in Great Britain, where strumous affections are so common, the great majority of these patients get better in the summer, but worse in winter, notwithstanding the most approved methods of treatment; that the more aggravated forms are met with in low, cold, and humid positions, among the poorer classes, who live upon coarse, unwholesome, and scanty food, and who are indifferently protected by their houses and clothing from the vicissitudes of the weather. Among the children who work in the close and impure air of the manufactories at some of our large towns, this disease is almost endemic. Sir James Clark adduces, as a proof of the effects of impure ventilation in producing scrofula, the instance of a school at Norwood, containing six hundred boys, where great mortality had occurred from this disease, which was ascribed to improper food; till Dr. Arnott, on investigating the matter, found the ventilation extremely defective, which being remedied, the scrofula disappeared, and eleven hundred children were subsequently maintained in good health in the same place.

Hence it may be supposed that climate is calculated to exert the greatest influence in its removal. The sea-side, with a southern exposure, is generally beneficial. In that form of the disease, accompanied by general lassitude, torpor and debility, languid circulation and digestion, enlarged glands, yielding of the bones, &c., a somewhat exciting and dry climate, like Nice, Naples, or Malta, would most likely be productive of advantage; but in young persons of fair florid complexion, and irritable habits,

these localities would very probably disagree, and Hyères, Pau, Rome, Pisa, according to circumstances, would be preferable, particularly if there should be cough or other indication of pulmonary disease, in which case Madeira would often be serviceable.

Elderly people who are approaching, or who have already passed the grand climacteric, and experience a failing of the powers of the system, will mostly derive the greatest advantage from mineral waters in the summer months, and an habitual residence in a southern climate in the winter, where they may enjoy the revivifying effects of the sun's rays, and take daily out-of-door exercise. Rome agrees well with most old people, if not liable to head affections. Florence has also its advantages for those who are not very susceptible to atmospheric vicissitudes, its climate being more bracing than that of Rome. Naples, or Nice, when not found to be too exciting, will be preferable in some instances. Pau might suit several who would rather remain in France. The climate of Tours is likewise good, less rainy, though colder and more variable than that of the south. But most persons, after having resided for a short period at any of the above-mentioned places, would be able to ascertain by their own feelings whether or not the climate agreed with them.

The agency of climate may be beneficially applied to rectify various other conditions of chronically disordered health than those already specified; and the preceding data may perhaps enable the practitioner the better to determine as to how far its sphere might be extended in any given case. Inasmuch, however, as the prevention, where it can be effected, is better than cure, I propose briefly to advert to a few of the predisposing causes of disease prevalent among the higher classes of the community, by an early attention to which many of their disastrous results might be obviated, not only without any sacrifice, but with the advantage of increased comfort and wellbeing.

III.—CONSIDERATIONS UPON SOME PREVALENT PREDISPOSING CAUSES OF DISEASE, AND UPON THE REMEDIAL EFFECTS OF TRAVELLING.

THE directly exciting causes depending upon a vitiated state of the atmosphere, and other physical deleterious agencies, would, in many cases, be insufficient for the production of disease, were it not that the body is frequently rendered more susceptible to be affected by them, from the action of predisposing influences of various kinds, which, being slow and gradual, seldom attracts attention, and their avoidance or removal is consequently too often neglected till the health has become materially impaired. A too sedentary mode of life, and the want of proper daily walking exercise, is a common indirect cause of ill health, by impeding a free circulation; thereby inducing a congestive state of particular organs, with a deficiency of blood in others, and consequently an arrest of, or an abnormal condition of, various secretions. Few persons who take regular and sufficient walking exercise are subject to cold feet, which is so common a complaint among females in the higher ranks of life. The prevention of a vicious concentration of nervous power upon the brain, is another good effect of walking exercise, which has been already alluded to; and to its habitual practice among the middle and inferior classes, especially in the country, is doubtless in a great measure to be ascribed the freshness

the starting-point of the greatest number of organi
alterations." *

Travelling tends, in some measure, to prevent and t
counteract the operation of the above-mentioned cause
The cheering effects of clear skies and sunshine in winter
the interest excited by scenery of a novel and magnificen
character, or by works of art, &c., are powerfully calculate
to divert the mind from dwelling upon unpleasant o
gloomy ideas, and consequently to procure the removal o
many diseases, especially when induced by, or connecte
with, circumstances of a mental nature. On this princip
travel and change of air were not unfrequently recom
mended in the earlier periods of history, and their influence
is thus alluded to by Shakspeare with reference to Hamlet's
malady :—

"Haply the seas and countries different,
With variable objects, shall expel
This something settled matter in his heart,
Whereon his brain, still beating, puts him thus
From fashion of himself."

"Journeys," observes the above-mentioned author, "have
been recommended with reason. The continual obligatory ac
tion of the muscular system, and the diversion of the thought
tend to restore the previous equilibrium between the mus
cular and sensitive powers. There is, in change of place
and of external impressions, an irresistible power which
attracts attention, changes the course of the ideas, relieves
pain and ennui, without shock or effort. In general
travelling is a means of great utility; like the body, the
mind requires a change of place when it is unhinged
fatigued. A change of climate may also be advantageous
to weak constitutions, especially to old people
remove from a damp and cold atmosphere to a dr

* Reveillé—Parisé. Etudes de l'Homme dans l'Etat de Sa
Maladie.

2 L

warm climate." Individuals who pass a great portion of their lives in moving from one place to another, usually enjoy robust health. Among savage nations, the wandering tribes are more free from infirmities than those which remain stationary; but, as respects the disorders of civilized life, particularly those of a nervous character, the mere travelling from place to place would, in most cases, be unattended with permanent advantage—the diversion of the mind being the greatest advantage derived from travel, or from a residence in a locality where, in addition to a good climate, there are adequate resources for engaging the attention. Many nervous complaints are, in fact, not unfrequently kept up for a long period by habits, and by the patient's attention being concentrated upon them; any means, therefore, which tend to interrupt the chain of habitual thought, will be most influential in their removal. In many cases, however, the beneficial effects of travelling and mental diversion is but of short duration, in consequence of the prolonged operation of deeply-rooted causes, frequently from an early period of life; hence their intractability under all methods of treatment. The prejudicial results will mostly be found to be proportionate to the undue exercise in youth of certain faculties; while others, whose development would be more conducive to happiness and wellbeing, are either allowed to remain inactive, or their natural tendency to activity is repressed. In proportion, moreover, as individuals are endowed with a greater share of mental capabilities, and with acuteness of feeling, which has not been blunted by the necessity for active exertion, will the want of fit objects, whereon to exercise these capabilities and feelings, be more forcibly experienced. The mind, if not supplied with adequate nourishment, will often prey upon itself, inducing a disordered condition of its powers, or of its bodily functions, which not unfrequently terminate in organic diseases.

One of the most popular authors of the day repeats an opinion which has long been very generally entertained —viz., that there is a greater amount of discontent among the rich classes in England than among those of any other country, which he refers to the circumstance of "eager minds being placed in a dull and insipid circle, whence arises the desultory love of travel, for which the English have long been remarkable."* To this cause were doubtless attributable those disturbances of the public peace, formerly of not uncommon occurrence, and duly chronicled in the police reports, under the heading of "gentlemanly amusements." In fact, the English are endowed with capabilities of the highest order, and these were never intended to lie fallow; for, as our immortal bard has well said,—

> "Sure, He that made us with such large discourse,
> Looking before and after, gave us not
> That God-like capability and power
> To rust in us unused."

And again,—

> "Spirits are not finely touch'd
> But to fine issues:† nor nature never lends
> The smallest scruple of her excellence,
> But, like a thrifty goddess, she determines
> Herself the glory of a creditor,
> Both thanks and use."

On account of his great capabilities, and also from the nature of the climate, the Englishman makes a bad idler, and can seldom, like the Italian—

> "Lose and neglect the creeping hours of time;"

or exist on the *far niente* principle, without experiencing in one way or another the prejudicial consequences of a want of

* Bulwer Lytton.—*England and the English.*

† For high purposes.—*Measure for Measure.*

occupation. To this eagerness and mental activity, combined with resolution and perseverance, is owing the daring and the spirit of enterprise by which the British are characterised—which have mainly contributed to render them pre-eminently successful in war, foremost in the perfection of arts, science, commerce, and industry, and consequently to raise our country to the high position in the scale of nations which she has occupied during so many centuries. Hence the endowments which have tended to the formation of the national character, and which, when properly cultivated, conduce to individual welfare, but too frequently become, through neglect and misdirection, the occasion of much wretchedness and disease.

The author of a work of great interest observes upon this point—"An honourable and serious object of activity preserves man from idleness and ennui, the source of numerous affective and intellectual disorders. Habits result from it which, excluding frivolous or guilty desires, prevent disappointment, satiety, and insatiability. Without a constant object of activity man is delivered up, body and soul, to external influences, and to the capricious appeal of his nervous organism.

"The more the object of activity is moral and elevated, the more powerful will be the action which it exercises upon the system. If it be a scientific discovery useful to society, all the sensorial and intellectual aptitudes, which may concur towards the realisation of the object, will be particularly solicited and developed in such a manner as to act with increasing energy and facility. If the object of activity be to raise up a family in the world, to adorn it with all the qualities which may cause it to prosper in the paths of virtue and honourable exertion, the care of education, and the solicitude of a profession, will divide the solicitude of the parents. If, on the other hand, the object of activity of a man or woman be the success of a drawing-

room, the attaining a reputation for wit or beauty, or the receiving flattery and homage, the result will be an existence in which the most trifling and inevitable causes will occasion unhappiness and despair.

"How many persons are there who voluntarily inflict upon themselves the torments of inaction and the pains of an agitation without an object? There are some at whose feet society complacently lays the power and means of action, the instruction and the encouragement best fitted to direct their activity towards the conquest of an honourable and serious object, and whom their education gives up without pity to all the ennui, all the vicissitudes, all the torments of idleness! They can only avoid the sufferings which oppress them, by abandoning to circumstances, or to their own inclinations, the charge of giving rise to a frivolous and dangerous object of activity. It then happens that they escape for a brief period from the pains of ennui, in order to plunge into the abyss of passions, in which are often swallowed up at the same time fortune, health, honour, and reason. It is thus that a great number of affective and intellectual disorders, which are ascribed by practitioners to the empire of the passions, accuse, beyond these passions and the neglect of education, a cause more distant and more deeply hidden." *

If this be to a certain extent the case in France, how much more must it not be so in this country, where the causes are more generally operative?

Most persons who have at all considered the subject in an unprejudiced manner, will I think be disposed to admit, that the methods which have been pursued in the education of a large proportion of the higher and middle classes in the public institutions, are far from being calculated to attain what should be the true objects of education—viz.,

* Des Fonctions et Maladies Nerveuses dans leur Rapports avec l'Education. Par le Dr. Cerise.

the due development of the moral qualities, and of the mental faculties, in accordance with that of the bodily powers—but that they have rather had an opposite tendency, by inattention to the cultivation of the moral and religious principle, and by the course of study being mostly restricted to matters in which few young people feel any interest, to the neglect of available and useful information. It is true, that on account of the improved general tone of manners, there are no longer the drinking and gaming bouts, which were of such common occurrence at the universities a few years ago; but what means have ever been taken to check egotism and self-indulgence—the very opposite of the principles inculcated by the divine founder of our religion—or where would there be found a more reckless expenditure, or a more undue deference paid to rank and wealth than at these institutions? The effects of the system have been but too manifest in numberless instances; young men being led to regard these adventitious advantages as the chief good in life, the natural affections being blunted, if not eradicated, parents being chiefly considered as the source whence may be obtained the means of enjoyment of no very refined kind, the taste for which, subsiding as life advances, has left many satiated—or *blasés*—and destitute of mental resources, to which they might have had recourse, if, instead of a too exclusive attention to classical lore, an acquaintance with history, various departments of science and arts, modern languages, literature, &c., had been cultivated, which would have enabled them to resist the approaches of ennui, without applying to means of temporary excitement, which enervate body and mind, and rarely fail to induce a corresponding degree of subsequent depression, paving the way for invasion of disease.

There are, it is true, exceptions sufficiently numerous to retrieve, in some measure, the character of the English,

among other nations, with respect to the variety and solidity of information upon general subjects; but these are entirely owing to individual energy and exertion, tending to make up for lost time, and from the necessity of such information being apparent to those who have a higher ambition than merely to vegetate through the period of their existence. Indeed, a very slight consideration will suffice to show, that it is not surprising that a large proportion of those whose time has been chiefly engaged upon subjects in which no interest is felt, or has been frittered away in mere pleasure, should, when youth has faded (and sometimes before that period) find themselves unable to amuse or be amused without objects whereby to occupy the mind or to touch the heart; and that, having "felt the fulness of satiety," many should have to learn, from bitter experience, how commonly it is—

> "The constant revolution, stale
> And tasteless, of the same repeated joys
> That palls and satiates, and makes languid life
> A pedlar's pack, that bows the bearer down.
> Health suffers, and the spirits ebb; the heart
> Recoils from its own choice, at the full feast
> Is famish'd—finds no music in the song,
> No smartness in the jest, and wonders why."

That this state, and the feeling of isolation which accompanies it, should frequently induce various diseases is self-evident, and these seldom admit of more than palliation by medical treatment, unless the mind can be diverted, the habits changed, and a proper object of activity pursued; hence recourse is frequently had to travelling, which is perhaps one of the most efficient means of relief, though often losing its effect by repetition.

And this consequence of the prevailing systems of education, whence arise the dissatisfaction and ennui which so commonly terminate in disordered states of health, is

perceptible in the comparative unsociability of disposition by which many of the English are characterised. This peculiarity arises, in some instances, from a degree of natural bashfulness or reserve, frequently dependent upon a deficiency of general information and association; but more frequently from the spirit of coterie, by which society is divided into a variety of gradations, separated from each other, and leading individuals to endeavour to outdo others in appearance, which may enable them to raise themselves a degree higher in the social scale, and to look down upon those whom they consider to be beneath them. Hence cordiality is banished, selfishness is encouraged, and by mixing only with one set of associates the ideas become circumscribed, and the powers of the intellect rusted.*

The deficiencies in the systems pursued at our public educational institutions was soon perceived by an illustrious personage, who could scarcely fail to contrast the amount of information possessed by the young men of his native and those of his adopted country, and who, some years ago, gave a very strong hint to this effect by establishing at Eton an annual prize for proficiency in modern

* This tendency to individual isolation is illustrated by the mode pursued in the clubs. These establishments were originally formed for purposes of sociability, but at the present day most of their members would prefer dining alone at a separate table on a steak, to partaking of a properly served house-dinner at the same price; and if one were to address another, to whom he had not been introduced, on any common-place topic, it is not improbable that the answer would be abrupt and monosyllabic, discouraging any further intercourse. The same rule seems to obtain in all public places; and persons not unfrequently travel together for hours without speaking a word, as if an interchange of the ordinary courtesies of society were necessarily to entail upon any one the acquaintance of an objectionable character. As, however, "man was not born to live alone," this self-isolation is severely felt by many, producing its prejudicial effects upon the disposition and health.

languages, which has since, to a limited extent, been acted upon. The election of the Prince to the Chancellorship of the University of Cambridge, will doubtless, ere long, have a beneficial effect, though it is pretty evident, from the opposition recently made by the heads of colleges, and others interested in supporting the present system, to the Royal Commission appointed to enquire into the state of the Universities—(questioning its legality)—that but little improvement is to be expected from them unless enforced by measures emanating from the legislature.

Considering that the charge of educating the upper classes of the community has been entrusted to clergymen of the established church, other results than those which there has been frequently reason to deplore, might have been expected; these results are likely to be counteracted, neither by the obligatory attendance upon formal prayers at the universities, nor by discourses from the pulpits in the churches, however able and zealous the preachers may be—these, in many instances, can at most produce but a momentary effect, for

"Certain age accompli,
Le vase est imbibé, l'etoffe a pris son pli;"

nor is it to be wondered at that dissent should spread, and that so many who are brought up in the doctrines of the church should subsequently separate themselves from it, when those upon whom the direction of education has devolved, have been so little mindful of the paramount importance of the object of their mission.*

"'Tis education forms the common mind,
Just as the twig is bent the tree's inclined."

* As a bright exception to the generality of public schools, Rugby may be cited while under the superintendence of Dr. Arnold, whose pupils regarded him with veneration; and who not only have distinguished themselves above others as regards the general results of education, but also in their superior bearing through life, in consequence of the principles which he had instilled into their minds.

In making these remarks it is far from my intention to censure individuals; but I have deemed it right on the present occasion to express my conviction, from some experience, that to the above-mentioned causes much of the unhappiness and ill health prevailing among the more cultivated classes is attributable, especially where there is no imperative call for exertion or occupation, which, in a climate like ours, is essential to the maintenance of a healthy equilibrium of the vital powers; and that many are consequently induced to seek relief from the resources presented by foreign countries, when they might otherwise have lived happily in their own.

Being endowed with a more finely organized system, and a greater degree of susceptibility, women are much more liable than men to various kinds of deranged health, and especially to nervous disorders; but some classes of women are comparatively exempted from these disorders, which even, if they do not actually shorten life, deprive it of enjoyment. This tendency to disorder, and to frequently consecutive organic disease, depends, in some cases upon natural weakness and delicacy of constitution; but it is much more frequently acquired by an education and mode of life which greatly increase the susceptibility to be affected by external influences. Lord Byron, in one of his poems, observes with truth, that—

> "It need not cost much showing
> That many of the ills o'er which man grieves,
> And *still more women*, come from not employing
> Some hours to make the remnant worth enjoying;
> And hence high life is oft a dreary void,
> A rack of pleasures," &c.

And in fact, if the want of fitting objects whereon to exercise faculties give rise to pernicious consequences among a certain proportion of the male population, it is certainly no less operative in females, who are debarred by cus-

tom from taking an active part in affairs, or in the more stirring topics of the day, and are exposed to chagrins and annoyances of a nature to which men are little liable; and who for the most part lead an in-door life, superseding the natural exercise of walking by driving, and an attendance upon night entertainments in crowded assemblages, which, when indulged in habitually, and not as an occasional means of recreation, tends to the undue exaltation of the nervous sensibility.

The talented author of the article "Hysteria," in the "Cyclopedia of Practical Medicine," observes, respecting the most frequent cause of this and other nervous diseases. "In England, where an acute sensibility is less desired for young women than accurate powers of *calculation*, the improper expectations, the vain rivalries, the restless and frivolous pleasures of fashionable life, are but too well calculated to produce all the varieties of nervous disorders in young persons whom an affected refinement has debarred from active and natural exercises, and whose minds have never been subjected to the influence of self-control; whilst the want of all love of literature, or acquaintance with science, and consequently of all companionable qualities of a higher kind, diffuses an ennui over society, that every one feels without thinking of its source, and by which the whole moveable community is driven about from one place of public resort to another, without useful objects, without attachments, without duties; leading to the habitual neglect of all self-government, and the creation of much domestic wretchedness."

Dr. Johnson remarked on the same subject, "Few are acquainted, or are capable of becoming acquainted, with the baneful consequences of this system; but many are doomed to feel them. The poisoned arrow, in this case, leaves no wound, but the venom meanders slowly through the veins, and effects its destructive work unseen and

unknown. What but evil can be expected from a system of education which enervates the mind and enfeebles the body—which polishes the external senses, and leaves the intellect a prey to rust and moth—which excites the imagination and obtunds the judgment—which, to speak out plainly, fosters mere animal feeling, and discourages moral sense ?"* The same author, in another of his works, further says, "Female education is indeed more detrimental to health and happiness than that of the male. Its grasp, its aim, is at accomplishments rather than acquirements—at gilding rather than gold—at such ornaments as may dazzle by their lustre, and consume themselves in a few years by the intensity of their own brightness, rather than those which radiate a steady light till the lamp of life is extinguished."†

M. Aimé Martin likewise observes, "Certainly if the life of women were to be restricted to exhibitions and *fêtes*—if their business were only to dazzle and to please—the great problem would be resolved by this education of *soirées;* but the hours of pleasure are short, and in their train follow the hours of reflection. The life of home, moral life, the duties of mother and wife, all this comes, and all has been forgotten. Then they find themselves as in a void in the bosom of their families, with romantic passions, and unrestrained exultation and ennui, that great destroyer of female virtue. The lamentation over the fatal consequences of this state of matters assails our ears on all sides: it is the cry of all mothers—the complaint of all husbands; and in these painful straits, wherein each one is agitated and desponding, the worst effect is, that indifference terminates all." *

* Change of Air.

† Economy of Health.

* The Education of Mothers of Families, being the work to which the great prize of the French Academy was adjudged, with Remarks on the

Mrs. Ellis, whose work went through several editions within a short period (showing that the importance of the subject upon which she wrote was strongly felt and appreciated), says, with reference to the same subject:—"The great question with regard to modern education is, which of these two classes of feelings does it instil into the mind? Does it inspire the young women of the present day with an amiable desire to make every body happy around them, or does it teach them only to sing and play, and speak in foreign languages, and consequently leave them to be the prey of their own disappointed feelings whenever they find it impossible to make those qualifications tell upon society?"

A popular author (Bulwer Lytton) likewise observed:—"It seems odd enough to me, that while young ladies are so sedulously taught all the accomplishments which a husband disregards, they are never taught the great one he would prize—they are taught to be exhibitors, he wants a companion."

Hence it may be inferred how often the too exclusive reliance upon qualifications calculated merely to captivate the senses, tend to produce *mésalliances* which are of such common occurrence.—"Il importe en amour," says a French authoress, in allusion to personal beauty, "que les impressions viennent des beautés morales; celles que produisent les beautés physiques s'effacent trop promptement;" and as it is in the nature of things that mere impressions upon the senses, if not varied, should be succeeded by satiety, it is not surprising that indifference and inconstancy should so frequently supervene upon alliances contracted solely or chiefly with reference to such qualifications, too often verifying the allegory of the incompatibility of the wings of Cupid with the fetters of Hymen.

Influence of the prevailing Methods of Education upon Health and Happiness. Second edition, 1851.—Whittaker & Co.

"Marriage is accused," further says M. Aimé Martin, "of all the evils which I have sketched—an unjust accusation. Marriage is *good*: it is our methods of education that are bad. Whatever, therefore, would amend these methods would render the state of marriage more happy. Examine the first choice of a young girl. Amongst all the qualities that please her in a lover, there is perhaps not one which would be suitable in a husband: and, in fact, she frequently notices little else of him than his figure, or the style of his dress. Is not this, then, the most complete condemnation of our system of education? From an apprehension of too strongly affecting the heart, we conceal from women all that is worthy of love: we suffer the sense of the beautiful which exists in them to be dispersed among trifles: the outside pleases them: what is within is unknown. When, therefore, after an union of six months, they look for the delightful young man whose presence charmed them, they are often very much surprised to find in his stead an impertinent fellow or a fool: yet this is what is commonly termed in the world a marriage of inclination."

An author already quoted (Darcet) remarks upon this part of the subject:—"A young nervous woman who finds herself *mated* for life, experiences an insupportable void. To such an one there is no state more distressing than to feel herself alone in the world, without being able to live the life of the affections for which nature has adapted her. This privation of happiness at length brings on disordered health. The body participates in the mental suffering, and the weakest organ becomes diseased. A physician is called in, who ascertains the disease: he bleeds, &c.: nevertheless it makes progress, because the cause still exists.

"The void of existence and ennui are the causes of many diseases and indispositions. In most instances, remedies

for physical complaints occasioned by moral causes, I
duce no good effect without travelling, and drugs not
frequently aggravate the evil. Journeys, therefore
countries where there are objects capable of exciting
patient's curiosity, are the most efficient means of rest
tion."

It was observed by Jean Jacques Rousseau, that "
will always be what women make of them. If they a
be great and virtuous, women must be taught what g
ness and virtue mean;" and, in fact, men receive their
impressions and ideas, which generally give a bias to
character in life, from their mothers, who have the cl
of their early education; and that the influence of w
in the social scale, which so greatly contributes to the
lisation and happiness of mankind, is necessarily depe
upon the degree of cultivation of the intellectual and
qualities, is abundantly proved by the contrast pres
in the condition of different communities, and even by
of different families in the same community, accordi
the women are possessed of information and a due sen
moral obligations, or are deficient in these respects.
at the state of the peasantry and labouring classes in
ferent countries, or even in different districts of the
country! Wherever you see the men brutalized, and
of religious or moral principle, you may be pretty
there is a want of a proper controlling influence of
women, who not unfrequently participate in the gen
demoralization. Contrast also the position, in this resp
of the more civilized countries of Europe with tha
eastern countries, where women are considered only
"materials for pleasure." The Turk or Asiatic lea
purely animal existence, and dreams of little else than
sual gratifications, to which also he is led to look up a
source of happiness in a future life; but which, even
posing the perpetual absence of the "dull satiety w

destroys," would be insufficient for an intellectual being, who cannot but feel that—

> "Or bathed in bliss, or overwhelm'd with woe,
> The heart will still require a kindred heart;
> Divided joy bids double joy o'erflow,
> And pain divided loses half its smart."*

The preceding extracts from medical and non-medical authors may suffice to exhibit a tolerably just view of the pernicious effects consequent upon the systems of education which have been too generally adopted; though of late years it is gratifying to perceive that, as regards female education, considerable improvement has taken place, the display of accomplishments, &c., being considered bad taste. This improvement is doubtless in some measure owing to the example presented by the highest family in the realm, and, consequently, there is every reason to expect that it will be progressive.†

The cause why marriages, when not followed by domestic happiness, should be more frequently attended by a disordered state of the health of women in England than in some other countries, will, I think, be sufficiently obvious. In France and Italy, young girls pass for the most part a secluded sort of life, and are generally anxious to be married, as the means which will enable them to enter into and have a position in society, frequently without being very particular as to the individual who is presented to them as their future husband; whereas, in England, young ladies are frequently made the idols of society, enjoying all its pleasures before marriage, and have, or are supposed to have, a free choice in the acceptation or refusal of those

* Translated from Goethe.

† Those who are desirous of entering more fully upon the consideration of the subject of female education, may refer to my translation of the work of M. Aimé Martin, already mentioned.

who aspire to be their husbands, and after that event retire into the comparative seclusion of domestic life; when, if unhappy in their choice, or if not possessed of sufficient resources for occupation and amusement, they are apt to fall into low spirits, and to reflect with bitterness on the contrast which its monotony presents to their former mode of existence.

> ——"When life itself was new,
> And the heart promised what the fancy drew."

Not but that the pleasures of general society, which are at first so attractive, are often felt after a few seasons to be extremely monotonous, even if they do not become actually distasteful, though perhaps they are still continued from habit, or from having nothing else to do; and if this be frequently the case under ordinary circumstances, among those who have "all appliances and means to boot," how much more so must it be with others, when there are superadded the various positive causes of mental annoyance which are sometimes concealed beneath smiling countenances in the glittering saloon, and which it is unnecessary further to particularize!

I have thus enumerated some of the more frequent causes of a mental origin which predispose to disease; but there are others which might have been mentioned, and which, as well as the above, if not altogether peculiar to England, are at all events productive of more serious consequences than elsewhere; and the influence of these causes will be quite sufficient to account for the greater degree of discontent, ennui, and ill health, without the necessity of our ascribing these effects to our variable climate, thick foggy atmosphere, &c. These, it is true, are not unfrequently the exciting causes of disease; but were it not for the others, which render the body more liable to be affected, their sphere of operation would be infinitely more circum-

scribed. This is shown to be the case by the comparative freedom of some classes, who lead regulated lives, and are engaged in pursuits which are sufficient to occupy their time without being attended with much anxiety, from several diseases which are extremely prevalent among other classes. The climates of Holland, and of many parts of Germany, are much worse than ours; and yet the proportion of several diseases and disordered states of health, which are so prevalent among the upper and middle classes —especially females—in England, is infinitely smaller among the higher classes of these countries, because their education and mode of life are different from ours. The variableness of our climate is, in fact, as has already been observed, more favourable to health and exertion than the reverse, for persons in good health; but it does not follow from this, that a change to another climate would not often be beneficial, or that it is not frequently indispensable for invalids.

As far as beauties of scenery, natural curiosities, and other objects calculated to restore the health, by diverting the mind, are concerned, the British Isles possess equal advantages with many parts of the Continent; and less of the inconveniences of travelling will generally be experienced in excursions to several of the localities most visited by tourists in England, Wales, Scotland, or Ireland, than on the Continent, though these inconveniences are not unfrequently greatly instrumental in the attainment of the object which is sought for; and, when the mind is agreeably excited, travelling has also the effect of rendering the body much less susceptible to external influences, which, under other circumstances, would often be severely felt. I have known several persons in delicate health, who, when stationary at home, were extremely liable to be affected by slight changes of the weather, and were unable to walk a short distance without feeling greatly fatigued, yet who, when

sight-seeing abroad, as among the mountains of Switzerland, have been able to undertake walks of several miles without experiencing sensations of fatigue; and who, after having got wet through in the rain, were unable to take off their clothes till they had become dry, without taking cold or being otherwise prejudicially affected. The appetite, likewise, being sharpened by travelling and constant change of air, not only renders persons much less particular as to the quality of the food which is set before them, but enables the stomach to digest with facility many substances which would at other times be likely to disagree. Road travelling for health or pleasure is, however, almost superseded in England, or at all events is restricted to the summer and early autumnal months; whereas a principal advantage of many parts of the Continent frequented by the English is, that a journey may be undertaken at almost any time of the year, and, as I have before said, a residence at any of these places enables persons to be more out of doors in the winter than they could be in England. The Continent likewise possesses advantages over England, on account of the greater variety of impressions produced by the novelty of seeing the different habits, manners, &c., of the people, and of hearing a foreign language; the towns also offer a much greater variety of resources, in the numerous galleries, objects of art, &c., likely to excite an interest; so that, when a protracted absence of several months from home is contemplated, it would be preferable.

With respect to the permanent residence of individuals in health, the Continent has its advantages and disadvantages. Single men and others, who have no particular ties, and can move from place to place, find more resources in the way of occupation and amusement, at a comparatively cheap rate, than they could do in England. There is likewise more association abroad, from the circumstance of people meeting more at public places, as restaurants,

cafés, tables d'hôte, theatres, and from their being for the most part *desœuvrés*, or in pursuit of the same object—amusement; whereas in England many of this portion of the population, who have not a large circle of acquaintance, are frequently under the necessity of eating their solitary dinner in their apartments, or at their club, and of passing the evenings alone. This is one of the reasons why a prolonged sojourn in London is distasteful to those foreigners who have but few friends and no fixed occupation. The above-mentioned circumstances, however, tend to beget in our countrymen the habit of a wandering, idle, and unsettled sort of life, which many of them find, after a time, to be but ill suited to their natural activity of disposition, and are consequently greatly instrumental in the production of discontent and ennui.

The principal inducements for families to prefer a residence on the Continent to England are economy, the comparative facilities for the education of children, as far as languages and accomplishments are concerned, and the more easy and unrestrained tone of society. Persons, it is true, might live in many parts of England as cheaply as on the Continent, but they could not procure the luxuries of life at so low a rate. Thus, house-rent, the keep of carriages, horses, servants, the price of wines, public amusements, &c., are in many towns little more than half the expense which they would be in England, and in some places are much less: a family might, for example, live in any of the principal towns in Italy for six or eight hundred pounds a year, in the same manner which would require two thousand in London. In the towns of Germany and the south of France the rate of living is even lower. Many, however, who do not remain the whole year in one place, add considerably to their expenditure by travelling about from place to place. Florence is perhaps, on the whole, the most eligible town for a permanent residence in Italy.

Tours, Pau, or, where English society is not required, Toulouse, in the south of France; Munich, Dresden, Wiesbaden, and Frankfort, are the most eligible among the towns of Germany. Brussels presents many advantages, but is nearly twice as expensive a residence as Bruges. Boulogne is the pleasantest residence in the north of France. Several English have established themselves at Caen and other towns in that neighbourhood, where living is very cheap; though I cannot speak of its other advantages, never having visited that part.

With regard to education, though instruction in accomplishments is more easily obtained abroad, and a knowledge of languages is best acquired in the different countries; yet it is very questionable whether a prolonged residence for young people on the Continent be not rather disadvantageous than the reverse, in more respects than one. The passing of several successive years in Italy, or even a single year in some instances, is generally prejudicial as far as health is concerned, especially to young people, from the relaxing and enervating nature of the climate, and the prevalence of malaria in some parts. Young ladies, in particular, frequently exhibit in their countenances and general appearance the marks of a prolonged residence in a southern clime; and I perfectly agree with the remark of Lady Blessington, that "the Italian climate has the same effects on female beauty as a hothouse on rose-buds, but it quickly withers full-grown roses. Women of twenty-five in Italy look quite as *passées* as those of thirty-five in England, and after twenty they lose that freshness of complexion which forms so great a charm in our young women. In short, they want the appearance of youth, for the absence of which no beauty can compensate." *

It has already been observed that England has greatly the advantage over Italy for a permanent residence, as far

* Idler in Italy.

as the longevity of its population is concerned. Thus, at Naples the average annual mortality is about one in twenty-eight persons of the whole population; at Florence and Rome it is not much less; whereas in London it amounts only to one in forty, and, taking the account for the whole of England, to no more than one in sixty; so that, if these statistics be correct, the advantage of England in this respect is manifest. But it does not follow that those who have the power of choosing the periods of their residence, may not frequently avail themselves of that which is good in both, and derive much gratification, as well as benefit to their health, by a visit to the Continent for a portion of the year. The comparative greater annual mortality and unhealthiness of a locality is, therefore, no argument against invalids being sent thither with a view to benefit by the climate at the most favourable season; inasmuch as, with a moderate degree of precaution, they need not be exposed to those causes which are principally productive of disease among the permanent residents.

IV.—NOTES RESPECTING THE MOUNTAINS OF ITALY.

THE semicircular wall of the Alps separating Italy from the east of Europe, is divisible into three sections: the eastern, central, and western. The highest mountains occupy the central division; the lowest, the eastern. The western range takes a direction from south to north, extending from the coast of the Mediterranean near Nice, and from the Col di Tende to Mont-Blanc, and comprising the Maritime, Cottian, and Grecian Alps. Their altitude varies from 5,000 to 10,000 feet, which increases in the northernmost portion from 9,000 to 13,000 feet above the sea; that of the principal passes is between 5,000 and 7,000 feet—viz., Col di Tende, 5,600; Mont-Cenis, 6,400; Little St. Bernard, 6,700; all the valleys of these Alps have a transverse direction, and are much shorter than those of the central division. Their rivers empty themselves into the Po. There are no lakes at the base of the western range. The plain of the Po is from 600 to 800 feet above the level of the sea.

The central Alps extend from Mont-Blanc to the Gross Glockner. Their principal direction is from south-south-west, to east-north-east. They comprise the Pennine, the Lepontine, and the Rhetian. Their most elevated points are from 12,000 to 15,000 feet; the height of the principal passes being between 6,000 and 8,000 feet; viz., Great St. Bernard, 7,700; Simplon, 6,200; St. Gotthard, 6,500: Bernardino, 6,600; Splugen, 6,500; Stelvio, 8,600; Brenner, 4,300. The two valleys of the Tessin and the Adige pene-

trate deeply into the central Alps. To the west is the great longitudinal valley, the Valteline (Adda); to the east, that of the upper Adige, which is also longitudinal. Reckoning from west to east, the most important valleys are those of Aosta, Lys, Sessia, d'Ossola, Tessin, Misocco, St. Jacques, Bregaglia, Adda, and Upper Adige. With the exception of the two last named, all these valleys are transverse. Their rivers (except the Adige), are tributaries of the Po. At the foot of the central Alps are the lakes, D'orta, Lago Maggiore, Varese, Lugano, Como, and Garda.

The eastern range comprises the Carnic and the Julian Alps. Their average elevation varies from 4,000 to 6,000 feet, at the western portion; from 2,000 to 4,000 feet at the eastern. Their direction is from north-west to south-east. The longitudinal valley of the Tagliamento is of considerable extent. The other important valleys are the Brenta, and the Lisonzo. The Brenta and three smaller rivers empty themselves into the Adriatic. There are no lakes at the foot of this range.

The length of the chain of the Apennines from the plain of the Po to the southern extremity of Calabria, is about 250 leagues. This chain is divisible into the northern, central, and southern portions; the central portion is the widest and the highest. The northern Apennines take a direction from west-south-west to east-south-east, extending as far as Genoa, and forming a semicircle around its gulf. Their altitude is much less considerable than that of the Alps, and of the central Apennines; the highest summits rarely exceeding 3,500 feet, except at the eastern and western extremities, where some attain the height of 5,000 feet. The rivers which flow from their southern acclivities are the Tauro, the Trebbia, and the Taro: the Magra is the only one of any importance at the western extremity.

The central portion of the chain begins at Pontremoli. Its principal direction is from north-west to south-east. Its altitude varies in the northern parts from 3,000 to 5,000 feet; in the southern part, from 4,000 to 6,000 feet. The most important rivers on the north-eastern side, are the Secchio, the Arno, the Tiber (the source of which is near that of the Arno), which flow in a direction parallel with the chain.

There are likewise isolated mountains and groups, as Mont-Albano, the Pontine chain (extending parallel with the marshes), the Detached Promontory, Monte Circeo, Soracte.

The direction of the southern Apennines diverges somewhat from that of the central chain, being from north-north-west to south-south-east. Their northernmost extremity has no higher points than 4,500 feet. There is no river of any importance connected with this range.

As respects rain, northern Europe, from the line of the Alps and the Pyrenees, presents a distribution very different from that which occurs in Italy, south of the Apennine range, and on the southern coast of France. In the British isles, the amount of rain is pretty equably distributed throughout all the months of the year; the autumnal months are, however, somewhat more rainy than others. In the northern portion of France, and in Belgium, the difference in this respect between the months is not very marked, though there is more rain in summer, in which this part resembles the plains of Germany.

The Spanish and Grecian peninsulas belong, as respects rain, to the same natural division as the Apennine chain, and the shores of France on the Mediterranean; and consequently, as in the southern part of Italy, the rain is more concentrated upon a certain portion of the year. This period (as also at Palermo) extends from September or October, to April.

The concentration of the quantity of rain upon the winter months, is still more decided at Madeira. The annual amount at Funchal is somewhat greater than at Lisbon, as might be expected in a mountainous island, situate in the Atlantic.* The causes which produce an increase in the quantity of rain, are the proximity of mountains and of the sea. The influence of the sea acts more by increasing the number of rainy days than on that of the amount of rain. Thus, at Nice the average number of rainy days is only 52; at Palermo, 75; at the foot of the Alps the number of rainy days is much greater than in the plain of the Po. At Brescia there are 126 rainy days; at Verona, 111; whereas the number at Milan is but 72; at Turin, 87; at Venice, 81; at Bologna, 97 in the year. High up in the Alps the number is much more considerable—viz., on the St. Gotthard, from 160 to 211. The amount of rain in summer is less in proportion to the neighbourhood of the Mediterranean. In the plains of Germany (Stuttgard, Augsburg, Berlin, Prague) the annual quantity is considerably less, and approximates to that of southern Italy, viz., 19·91, though less rain falls in autumn; whereas at the north base of the Alps it ranges from 25 to 34 cubic inches. Isolated groups of mountains in Germany produce an increase in the annual amount of rain. At Freudenstadt, in the Black Forest, it is as much as 57 inches. In Holland, on approaching the sea, as also in western France, the amount is greater than in northern France, Belgium, and central Germany.†

* See Note on Madeira.

† Schouw, Tableau du Climat et de la Vegetation de l'Italie.

V.—NOTE ON MADEIRA.

In his work on climate, Sir James Clark speaks of Madeira as the locality best suited to consumptive patients generally, the winter temperature being considerably higher and more equable, and the summer heats much more moderate, than at any of the Italian places. A little further on, however, objecting to the artificial climate of warmed rooms, Sir James observes: "Long residence in a very equable climate is not congenial to health, even with all the advantage of exercise in the open air. A moderate range of temperature, and of atmospheric changes, seems necessary to the maintenance of health; and hence it is that many invalids who derive great benefit from a temporary residence in a wild sheltered situation, do not bear long residence in such an atmosphere without injury. Dr. Combe, during his residence at Madeira, remarked that the invalids were better when the temperature was less steady, and the weather more variable, than when the season was unusually mild and equable. I have remarked the same effects resulting from a long residence in some of the more sheltered spots in our own island. Such situations form excellent residences for a time, after which the patient ceases to improve, and rather loses than gains strength. A long residence in very mild sheltered positions, I regard as unsuitable to young persons disposed to tubercular disease."

With reference to the prevalence of consumption among the native population, considerable discrepancy of opinion

appears to have existed among the English physicians on the island. Drs. Heineken and Gourlay state, that no disease is more common. Dr. Renton, on the other hand, says that the natives are comparatively exempt from this disease, though he admits that, "owing to their mode of living, bad food, &c., diseases of the lungs are frequent, and these being neglected, or improperly treated, often prove fatal in a chronic form, simulating phthisis."

From Dr. Renton's notes of cases taken during a period of eight years, it appears that of forty-seven patients with confirmed phthisis among strangers, thirty-two died within six months after their arrival; six went home in summer, returned and died the next winter; six who left the island also died not long after, and three were not heard of (also probably died). Of thirty-five patients with incipient phthisis, twenty-six left Madeira much improved, and good accounts of them were subsequently received; five also left in an improved condition, but were not afterwards heard of; and four died subsequently. Dr. Renton further states that the number of consumptive patients who arrived at Madeira between the 1st January 1838, and the 31st May 1840, was one hundred and eighty-two; fifty-eight with tubercular disease of the lungs; of these, fifty died, and twenty-two left the island. Of one hundred and eight patients threatened with tubercular disease, ninety-three remained free from symptoms, thirteen fell off, and two were lost sight of.

Sir James Clark observes, that two inches less of rain falls annually at Madeira than at Rome or Florence, and that at Madeira "the rain falls at particular seasons, chiefly in autumn, leaving the atmosphere dry and clear during the remainder of the year. In March, winds are frequent, and April and May are showery." It will be seen, however, from the subjoined table, that according to the observations of Heineken and Heberden, made during

ten years, and recorded in the Philosophical Transactions, the winter is the most rainy season.

AVERAGE AMOUNT OF RAIN AT FUNCHAL FOR EACH SEASON, AND FOR EACH MONTH.

January...6·91	July .....0·08	Winter .....13·48	48	Proportion of days on which rain falls.
February 2·59	August ...0·35	Spring ..... 4·74	17	
March ...2·44	Sept. .....0·94	Summer..... 1·04	04	
April.....1·41	October...2·85	Autumn..... 8·53	31	
May .....1·09	Nov. .....4·74	Year {cubic inchs.} 27·59	100	
June .....0·61	December 3·17			

The most recent work on Madeira is the Treatise on its Climate and Meteorology by the late Dr. Mason (who resided there two years for his health), edited by Sheridan Knowles, which tends to prove that it has been over-estimated as respects its advantages in consumptive disease. "The medical profession," says the author, "persist in regarding the climate as *essentially dry*, whereas, if any confidence can be placed in the data obtained by Dr. Heineken and myself, it must be admitted to be saturated with humidity during the greater part of the year, in which respect it is little superior to the climate of London, while, as regards the action of humidity on the organization, it is infinitely inferior. At the temperature of 50°, which is near the mean of London, the air is saturated, and is capable of holding 100 parts of moisture in solution; while at 68°, which is rather above the mean temperature of Funchal, it will contain 200 parts." As illustrating the dampness of the climate, Dr. M. says, "I may instance the impossibility of keeping iron, in any form, from being rapidly oxidized. The different powders, such as opium, squills, &c., soon lose their pulverulent form, and become firmly united into a solid mass, neutral salts rapidly deliquesce, pianofortes frequently require tuning," &c.

During the rainy or winter season the land and sea breezes are very irregular, and the sky is not so clear and cloudless; on the contrary, it is rare to see it clear and free from detached clouds even for two or three hours together. There is also a great deal of dew at night, when it is at all clear. The number of rainy days is set down by previous writers at seventy-three in the year. During the last year of Dr. Mason's residence in the island, it was one hundred and one, which, however, was regarded as an exception. The sirocco of Italy is hot, moist, and relaxing. This wind at Madeira, termed *liste* by the Portuguese, is essentially hot, dry, and of a highly stimulating nature, so that it soon exhausts those in health, and is very trying to invalids.

From my own experience, continues Dr. Mason, I should be inclined to corroborate Dr. Gourlay's opinion, that consumption and scrofula are frequent in Madeira; and also to add, that affections of the digestive organs are very general, being the principal causes of death with a majority of the inhabitants. I am afraid that were the subject more thoroughly investigated, as it ought to be, few places would be found where the system is more liable to general disorder, while, at the same time, I suspect that the average duration of life would turn out to be inferior to that of our own country.

METEOROLOGICAL TABLES.

TABLE I.

MEAN TEMPERATURE OF THE YEAR, AND OF EACH SEASON, AT THE FOLLOWING CITIES OF GREAT BRITAIN, FRANCE, GERMANY, &c.

(Centigrade Thermometer.)

	Year	Winter	Spring	Summer	Autumn
Dresden	8·40	0·4	8·4	17·2	8·4
Munich	8·78	1·2	8·9	18·3	9·1
Edinburgh	8·88	3·8	7·9	14·7	9·0
Dublin	9·55	4·6	8·4	15·3	9·8
Geneva	9·70	1·3	9·7	17·6	9 9
Frankfort	9.80	1·2	9·9	18·3	10·1
London	9·84	3·4	9·1	16·5	10·2
Vienna	10·42	0·2	10·5	20·3	10·5
Carlsruhe	10·42	1·4	10·6	19·0	10·4
Paris	10·84	3·4	10 4	18·2	11·3
Penzance	11·21	7·0	9·8	15·8	12·1
Bordeaux	13·95	6·1	13·4	21·7	14·4
Marseilles	14·26	8·1	13·6	20·0	15·3

TABLE II.

MEAN TEMPERATURE OF THE YEAR, AND OF EACH SEASON, IN THE CHIEF CITIES OF ITALY, &c.

	Year.	Winter.	Spring.	Summer	Autumn
Milan	12·83	2·1	13·0	22·7	13·2
Venice	13·72	3·3	12·6	22·8	13·3
Genoa	15·50	8·3	13·9	23·4	16·5
Florence	15·31	6·8	14·7	24·0	15·7
Pisa	15·74	7·9	13·9	24·1	17·0
Nice	15·86	9·6	18·0	23·2	15·5
Sienna	13·45	5·2	12 0	21·7	14·0
Rome	15·40	8·1	14·1	22·9	16·5
Naples	16·10	9·5	14·4	23·7	16·9
Palermo	17·20	11·4	15·0	23·5	19·0
Malta	19·40	14·1	17·0	25·4	21·4
Madeira	18·94	16·5	16·8	20·9	19·5
Cairo	22·23	14·7	21·5	29·3	20·3

TABLE III.

MEAN TEMPERATURE OF EACH MONTH IN THE CITIES OF ITALY, CALCULATED UPON OBSERVATIONS VARYING FROM SEVEN TO SEVENTY-FOUR YEARS.

	NORTHERN ITALY.				SOUTHERN ITALY.					
	Venice.	Milan.	Turin.	Bologna.	Florence.	Nice.	Sienna.	Rome.	Naples.	Palermo.
January	1·8	0·6	0·6	2·1	5·0	8.3	4·4	7·1	9·0	10·8
February	3·9	3·4	2·4	4·5	7·3	10·0	5·8	8·4	9·8	10·7
March	7·9	8·2	7·0	9·2	10·5	10·5	7·9	10·6	11·9	12·2
April	12·6	12·9	11·5	14·0	14·6	12·7	12·5	14 1	15·2	14·7
May	17·4	17·9	16·8	19·1	18·8	16·7	16·9	18 2	19·8	18·2
June	21·3	21·4	20·2	22·9	21·9	20·6	19·7	21·1	21·8	21·7
July	23·9	23·7	22·7	25·9	25·0	23·2	22·7	23·9	24·9	24·3
August	23·2	23·1	22·9	25·0	24·4	23·6	22·7	23·7	25·0	24·6
September	19·0	19·0	18·0	20·0	21·0	21·4	18·8	20·9	21·3	22·6
October	13·7	13·5	12·5	15·3	15·9	17·1	14·7	17 0	17·7	19·5
November	7·0	7·1	5·9	8·8	10·4	12 9	8·4	11·6	12·7	15·2
December	4·4	2·4	0·7	4·0	7·6	9·8	5·4	8·6	10·9	12·6*

* Palermo has a low temperature, especially in summer, as compared with its latitude, which is owing to its being surrounded by mountains on the south, and more open to the north.

TABLE IV.

MAXIMUM AND MINIMUM OF TEMPERATURE OF THE SEASONS, AND OF THE YEAR, AT

	FLORENCE.		NICE.		ROME.		PALERMO.	
	Max.	Min.	Max.	Min.	Max.	Min.	Max.	Min.
Winter	17·2	5·3	20·1	9·6	18·7	5·9	23·9	0·0
Spring	29·2	0·8	27·6	0·0	31·2	1·5	36·4	2·5
Summer	35·0	13·8	33·4	11·8	38·0	10·0	39·7	12·2
Autumn	30·1	2·5	31·2	4·1	34·9	3·1	36·3	6·9
Year	35	5·3	33·4	9·6	38·0	5·9	39·7	0·0

TABLE V.

AMOUNT OF RAIN IN CUBIC INCHES, IN DIFFERENT SEASONS, AND PROPORTIONATE NUMBER OF RAINY DAYS PER 100, IN VARIOUS TOWNS IN FRANCE, GERMANY, ENGLAND, &c.

	Year.	Winter.	Spring.	Summer.	Autumn.	Number of days on which rain fell.			
						W.	Sp.	Su.	Au.
France—South.									
Toulon	17·61	4·10	4·26	1·63	7·62	23	24	9	44
Marseilles	20·62	4·26	4·60	2·56	9·18	21	22	12	45
Montpelier	30·38	8·59	6·79	3·89	11·11	28	22	13	37
Lyons	29·31	—	—	—	—	—	—	—	—
Toulouse	23·72	4·97	6·27	5·68	6·80	21	26	24	29
Bordeaux	25·42	6·72	5·20	5·85	6·50	—	—	—	—
France—North, &c.									
Dijon	25·33	4·27	6·11	6·60	6·69	18	26	27	29
Paris	21·54	4·93	5·17	6·07	5·35	22	25	28	25
Metz	27·24	5·87	6·87	6·02	8·48	22	25	22	31
Brussels	17·92	3·85	4·25	5·53	4·79	18	24	31	27
Geneva	28·00	5·71	5·93	8·06	5·30	20	21	29	30
Vevay*	40·38	6·53	6·44	16·91	10·45	16	16	42	26
Valley of the Rhine.									
Coblentz	20·83	3·36	5·00	7·30	5·17	16	24	35	25
Mannheim	21·00	3·85	4·97	6·84	5·34	18	24	32	26
Carlsruhe	25·55	5·43	5·91	7·71	6·49	21	23	30	26
Strasburg	25·57	4·10	6·04	8·72	6·71	16	24	34	26
Mulhausen	28·39	5·44	7·50	8·11	7.84	19	17	20	26

* This is probably an error; for it certainly does not rain much more at Vevay than at Geneva. A local publication states the number of rainy days in the year to be 75.

TABLE VI.

MEAN QUANTITY OF RAIN IN THE PRINCIPAL ITALIAN CITIES FOR EACH SEASON, AND THE WHOLE YEAR, WITH THE PROPORTIONATE AVERAGE OF DAYS.

	Year.	Winter.	Spring.	Summer.	Autumn.	Number of days on which rain fell.			
						W.	Sp.	Su.	Au.
Northern Italy.									
Venice	32·09	6·45	7·97	8·62	11·68	18	23	25	34
Milan	35·74	7·60	8.51	8·61	11·02	21	24	24	30
Turin	35·27	5·20	10·62	10·51	8·94	15	30	30	25
Bologna	19·31	3·63	3·92	5·44	6·31	19	20	28	33
Genoa	51·63	13·68	12·70	6·24	19·01	—½	—	—	—
Southern Italy.									
Pisa	38·71	10·35	9·04	5·68	19·44	23	20	13	42
Florence	34·52	9·53	8·04	4·94	11·89	28	23	14	35
Rome	29·01	8·74	6·84	3·21	10·22	30	24	11	35
Naples	29·09	8·18	6·50	3·19	11·22	28	22	11	39
Palermo	21·42	7·86	4·82	1·20	7·53	37	22	06	35
Nice*	25·78	5·62	5·65	6·62	7·88	—	—	—	—

The approximative proportion of rain in the plain of the Po, to that of the western side of Central Italy, and of Calabria and Sicily, may be estimated at 35, 30, and 20.

* By its exposure to the south, Nice may well rank among the climates of Southern Italy. It will be seen that the amount of rain is not very unequally distributed throughout the seasons.

TABLE VII.

AVERAGE NUMBER OF DAYS ON WHICH RAIN FALLS IN THE YEAR, IN COUNTRIES NORTH OF THE ALPS.

Holland 170	Northern Russia 144
Valley of the Rhine.....161	Western France 135
Central Germany.....154	N. base of the Alps, Munich,
Switzerland, near Geneva ...154	&c. 131
British Isles 152	Valley of the Rhone, North 98
Northern France 152	Valley of the Rhone, South 76
Belgium 152	

TABLE VIII.

The two following Tables, relating to the temperature and amount of rain at various places in England and abroad, are as given in Sir James Clark's work; and, on comparing them with the preceding ones, it will be perceived that considerable differences exist with reference to some localities, especially as respects the amount and distribution of rain.

MEAN TEMPERATURE FOR THE YEAR, AND FOR EACH SEASON, OF PLACES IN ENGLAND.

(Fahrenheit's Thermometer.)

	Year	Winter	Spring	Summer	Autumn
London	50·39	39·12	48·76	62·32	51·35
Torquay	52·12	44·05	50·88	61·26	53·11
Cove	51·93	44·19	50·17	61·36	52·01
Penzance	51·80	44·03	49·63	60·20	53·36
Undercliff	51·35	41·89	49·66	60·63	53·58
Clifton	51·26	39·91	49·79	63·87	51·49
Hastings	50·40	39·06	47·46	61·77	52·22
Newport (Isle of Wight)	49·73	38·62	48·19	61·17	50·63
Places of Resort Abroad.					
Paris	51·20	38·43	50·40	64·47	52·30
Marseilles	59·50	45·50	57·56	72·50	60·08
Montpelier	57·60	44·20	53·33	71·30	61·30
Pau	56·18	41·86	54·06	70·72	57·39
Rome	60·70	48·90	57·65	72·16	63·96
Naples	61·40	48·50	58·50	70·83	64·50
Pisa	60·60	46·03	57·20	75·15	62·80
Genoa	60·37	44·57	58·60	75·03	62·99
Nice	59·48	47·82	56·23	72·26	61·63
Florence	59·00	44·30	56·00	74·00	60·70
Baths of Lucca	55·00	...	...	68·17	—
Malta	67·30	57·46	62·76	78·20	71·03
Madeira	64·96	60·60	62·36	69·56	67·30

TABLE IX.

MEAN QUANTITY OF RAIN (IN CUBIC INCHES) FOR THE YEAR, AND FOR EACH SEASON, AND NUMBER OF DAYS ON WHICH RAIN FELL.

	Year	Winter	Spring	Summer	Autumn	Days
London	24·80	5·85	4·80	6·67	7·43	178
Torquay	28·20	6·82	5·61	6·38	9·39	132
Cove	33·25	10·54	4·05	7·05	11·92	131
Penzance	44·66	12·64	9·35	9·34	13·33	178
Clifton	32·56	8·43	5·69	9·44	9·00	169
Undercliff	23·48	4·65	4·06	4·29	9·48	146
Hastings	32·81	7·59	5·80	6·40	13·02	153
Edinburgh	23·50	5·28.	3·81	4·58	9·83	...
Dublin	29·98	...	...	...	...	...
Paris	18·62	4·05	4·13	5·39	5·05	...
Marseilles	15·54	3·72	2·45	3·40	5·97	55
Montpelier	29·89	8·59	9·05	2·20	9·91	80
Rome	31·17	9·49	6·29	4·16	11·17	117
Nice	26·81	7·30	6·44	2·75	10·12	...
Florence	31·68	9·65	8·78	3·77	9·45	107
Milan	37·79	7·95	9·12	9·03	11·69	...
Madeira	29·23	11·40	5·77	1·45	10·61	70
Pau	...	...	...	...	...	135
Naples	...	...	...	...	...	99

INDEX.

	Page
Abbeville	4
Abbey of Monte Casino	184
Achenthal	214
Adelsburg, cave of	267
Airolo	243
Aix-la-Chapelle	319
Aix-les-Bains	219
Alassio, bay of	73
Albenga	73
Amiens	4
Ampezzo, pass of	212
Antibes	66
Antwerp	324
Aquapendente	116
Arezzo, the birth-place of Petrarch	187
Argeles, vale of	48
Arles	24
„ Pont du Gard	25
Arno	108, 187
Arone	200
Arpino	185
Arqua, burial-place of Petrarch	203
Arquino	185
Auxerre	18
Avernus, lake of	163
Avignon	17
Baden-Baden	304
Bagneres-de-Bigorre	45
Bagneres-de-Luchon	43
Baireuth	274
Balaruc, baths of	29
Bareges, mineral springs of	52
Barsac, vineyards of	39
Basle	341
Bath Gastein	259
Baths, Pyrenean	43
Bavarian baths	297
Baveno	216
Bazos	39
Beaucaire	18
Beauvais	4
Bellenzona	242
Belluno	212
Benabbio	81
Berlin	292
Berne	238
Bex	233
Bezeers, route through	30
Biebrich	311
Bingen	317
Bocklet	297
Bologna	188
Bolsena, lake of	116
Borcette	320
Bordeaux	40
Borghetto	78
Botsen	216
Boulogne	2
Brèche de Roland	56
Brenner pass	215
Brescia	201
Brientz	240
Brigg	237
Brixen	316
Bruges	326
Brunnecken	213
Brussels	323
Cagots (cretins)	49
Camerstadt	307
Campagna, the	126
Campan, valley of	45
Campo Dolcino	243
Cannes	23
Capel	327
Capua	157, 183
Carlsbad	275
Carlsruhe	304
Carrara	79
Caserta	183
Castellamare	171
Cauterets	57
Ceneda	213
Cenis, Mount	221
Ceprano	185
Certosa, the	87
Cette	29
Ceva	224
Cevennes hills, range of	17
Chalons	14
Chambery	218
Chamouni	228
Charleroi	328
Chateaubriand, Lamartine, and De Vigny	9
Chiandolo	225
Chiavari	77
Chiavenna	243
Chillon, castle of	233
Cité, Ile de la	6

	Page
Cirque de Marbore	56
Civita Castellana	186
Coblentz	318
Coire	244
Col-di-Tende	224
Cologne	319
„ steamers for	316
Como	199
Coni	224
Corsena	81
Cortona	187
Dante, monument to	97
Danube, the	257
Darmstadt	301
Delavigne, Scribe, and others	9
Denis, St.	5
Dieppe	1
Dijon	14
Domo d'Ossola	216
Dresden	284
Dunkirk	327
Eaux Bonnes	36
Eaux Chaudes	37
Eger	274
Eisenach	297
Elbe	283
Ems	314
Erfurt	296
Erlangen	272
Estelle	32
Ferrentino	185
Finale	73
Florence	94
„ Pitti library	102
„ Laurentian library	102
„ museum	102
Foligno	186
Fondi	156
Fontainebleau	13
France	61
„ religion in	8
„ climate of	10, 61
Frankfort	299
Franzensbad	274
Frascati	126
Frenchmen	8
Frejus	22
Freiburg	241
Frosinone	185
Furth	271
Gastein	259
Gaudens, St.	43
Gavarnie, cascade of	54
Gave de Bastan	51
Gedro	55
Geisenheim	316
Geneva	226
Genoa	74
Ghent	326
Goethe and Schiller	295
Gondo	217
Gotha	296
Gotthard, St.	216
Grande Chartreuse	220
Gratz	266
Grenoble	220
Grosseto	90
Hamburg	294
Havre	2
Heidelberg	302
Hof Gastein	260
Horgen	245
Huy	322
Hyères	21
Idria	269
Idria, quicksilver mines of	269
Innspruck	213
Interlacken	240
Ischl	259
Ischia	173
Isella	217
Isola di Sora	185
Itri	156
Jena	296
Johannisberg	317
Joigny	14
Jungfrau, the	240
Kissingen	298
Kognac station	18
Kreuth	215
Lac de Gaube	58
Lago Maggiore	200
La Haye Sainte, farm of	323
Landro	213
Lanslebourg	221
Laruns	36
Lausanne	229
Lavedan	57
Lavey, baths of	236
Laybach	266
Leghorn	89
Leipzic	289
Leuk, baths of	237
Liege	322
Lille	326
Linz	259
Loiano	187
Londes	38
Longaron	212
Lourdes	48
Lucca, baths of	80
Lucerne, town and lake of	242
Lunel	26
Luz	50
Lyons	15
Macon	14
Magadino	243
Mal-pas, grotto of	30
Malta	179
Mannheim	301
Maremma, the	91
Marguerite, St., Island of	22
Marienbad	274
Marksburg, castle of	318
Marseilles	18
Martigny	226

	Page
Massa	79
Maurienne, valley of the	221
Mayence	315
Melfi	185
Mentone	72
Mestre	212
Meuse, valley of the	322
Midi, Canal du	29
Milan	194
„ Brera library	195
„ Ambrosian library	195
„ La Scala theatre	195
Modena	192
Mont Chevalier	23
Mont d'Or	15
Monte Casino, abbey of	184
Monte Catini	92
Montpellier	27
Morat, battle-field of	238
Mount Vesuvius	164
Munich	247, 256
Nahe, valley of	317
Namur	322
Naples	157
„ Museo Borbonico	161
„ Albergo dei Poveri	164
„ climate of	167
Narni	186
Nassau, duchy of	308
Nepi	186
Neuhaus	240
Newhaven	1
Nice	66
Nismes	25
Noli	73
Novi	224
Nuremberg	270
Oberwesel	317
Oneglia	124
Orange, route to	17
Ostend	326
Ouchy	229
Padua	202
Palermo	177
Paris, routes to	1
„ city of	5
„ diseases of	11
Parma	193
Pau, climate of	33
Pepinstere	320
Perarolo	212
Perugia	186
Petrarch, birth-place of	187
„ burial-place of	203
Pesth	266
Pfeffers, springs of	245
Piacenza	194
Piedmontese	222
Pierrefitte, roads from	49
Pietro-Santo	79
Piombino	90
Pirna	283
Pisa	84
„ university of	87
„ baths of	88
Pistoia	92
Pompeii	164
Pontine marshes	156
Porta Maggiore	185
Pozzuoli, ruins of	163
Pragneres, valley of	55
Prague	278
Presburg	266
Provence	20
Pusterthal, the	213
Pyrenean baths	32
„ peasantry	60
Rabenek castle	273
Rabenstein, castle of	273
„ cave of	273
Ragatz	244
Railroad, Orleans and Nevers, route by	13
„ Tonnerre and Dijon	13
Ratisbon	256, 270
Reggio	192
Rheinfels, fortress of	317
Rheingau, th	312
Rhone	16, 17
Riesenberg, the	272
Rome	117
„ to Florence, road from	185
„ literature and science in	137
Rudesheim	317
Rouen	2
Salzkammergut, region of	259
Saorgio	225
Sauterne, vineyards of	39
Sauveur, St.	53
Savona	74
Scarena	225
Schlangenbad, bath of	312
Schwalbach	313
Schwatz	214
Sens	13
Seravalle	212
Sesto Calende	243
Sicilians	178
Sion	236
Sienna	114
Simplon, route by the, to Switzerland and France	216
Sion, ancient town of	237
Soigny	14
Soigny, wood of	323
Sonnenberg, castle of	310
Sospello	225
Spa	320
Spezzia	78
Splugen, the	216
St. Denis	5
St. Germano	183
St. Gervais	228
St. Maurice	236
St. Omer	327
Stelvio, scenery at the pass of	216
„ pass of the	216
Sterzing	213
Stettin and the Baltic, railroad to	294
Stotzenfels	318
Strasburg	241

	Page
Stuttgard	307
Supergo	223
Susa	221
Tarbes	32, 48
Tegernsee, lake of	215
Tenda	224
Teplitz	280
Terracina	156, 183
Tetschen	282
Thun, lake of	29
Theresienstadt	280
Thrasimene, lake of	187
Thun, lake of	239
Tiber, valley of the	117
Tivoli	126
Toulouse	30
Tours	42
Traum, lake of	259
Trent	216
Treviso	212
Trieste, port of	212, 269
Turin	221
Unterseen	240
Valais, the	233
Valence	16
„ on the Rhone	220
Valhalla, the Bavarian	256
Val d'Arno	94, 187
Valetta	180
Valmontone	185
Var, river of	66
Vatican, the	122
Vevay	230
Venas	212
Venice	204
„ archives of	208
„ climate of	209
Verona	201
Vesuvius, ascent of Mount	164
Viareggio	79
Victor Hugo and George Sand, creations of	9
Vienna	263
Vicenza	202
Villeneuve	233
Villefranche	69
Virgil, tomb of	163
Viterbo	116
Waterloo, battle-field of	323
Wiesbaden	308
Wildbad	306
Weimar	295
Zug	245
Zurich	245

THE END.

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SUPPLEMENTARY NOTE.

It is very advisable for invalids while travelling, as well as persons in health, not to sit too long at a time in the carriage, but to get out now and then to walk up the hills, or at the post-stations; as, by so doing, the fatigue consequent upon the muscles being kept long in the same position will be avoided. Those persons who labour under serious affections of the air-passages may be provided with a Jeffrey's respirator, though its too frequent use is not to be recommended, as tending to render the organs more susceptible. A pair of leather sheets may be placed beneath the seat-cushions, as a precaution against damp beds, which, however, are seldom met with in France or Italy. Essence of ginger is a useful stimulant; and a teaspoonful in a cup of tea on arriving after a day's journey is very refreshing. Those who are in weak health, and travellers in general, should eat very sparingly of animal food when on a journey, as it tends to produce heat and flushing. Black tea is one of the most useful articles travellers can be provided with, as it is seldom good in small towns or at inns on the road. As an evening meal, tea, with a little cold meat or chicken, is much preferable to a hot dinner or supper, which not unfrequently is a cause of sleeplessness. Those who are subject to cold feet should be provided with short boots of coarse cloth, to slip on and off, over their ordinary boots, as occasion may require; and a small feet-warmer should be placed in the carriage. A large medicine-chest, which is a constant companion of many families, will be cumbersome and unnecessary; as almost all drugs and medicines of good quality may be obtained in all the towns frequented by invalids. A small chest, containing a few articles likely to be required at out-of-the-way places (as lint, soap plaster, James's powder, a small quantity of calomel, laudanum, extract of henbane, spirits of ammonia, tartarised antimony, castor oil, rhubarb, weights and scales), will, however, be a useful precautionary addition to the luggage.

ERRATA.

Page 65, line 7, *for* temperature of water, *read* temperature of winter.
„ 69, „ 21, *for* St. Poris, *read* St. Pons.
„ 77, „ 31, *for* Lestri, *read* Sestri.
„ 104, „ 15, *for* Le duetro, *read* Se dentro.
„ 109, „ 2, *for* these Vallombrosa institutions, *read* these institutions.
„ 110, „ 4, *for* degl' Euxo centi, *read* Degl' Innocenti.
„ 144, „ 5, *for* Ponte Sotto, *read* Ponte Rotto.
„ 144, „ 25, *for* Mories', *read* Meloni's; and line 26, *for* Jerny's, *read* Serny's.
„ 166, „ 26, *for* well-informed, *read* well-formed.
„ 192, „ 11, *for* 19·3 inches less, *read* 19·3 inches; less.
„ 215, „ 15, *for* two hours, *read* ten hours.
„ 237, „ 25, *for* Domo D'Opolo, *read* Domo D'Ossola.
„ 245, „ 9, *for* Samina, *read* Tamina.
„ 327, „ 3, *for* Capel, *read* Cassel.
„ 373, „ 23, *for* and the neglect, *read* and in the neglect.
„ 393, „ 11, *for* Detached Promontory, Monte Circeo, *read* detached promontory Monte Cerceo.

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